

HOMESCHOOL LUNCHBOXES

the nitty-gritty of what you need to know for success

Remember: the advantage is to have something already prepped and portioned out. You can go beyond "cold" and include things that can be heated up.



Sandwiches

Chicken salad
Lunchmeat and cheese
Pita pockets
Chicken and tuna salad
PBJ's

Leftovers

Casseroles
Soup
Roast and potatoes
Hot dogs
Baked potatoes
Tacos
Pizza

Roll-ups and Wraps

Chicken and tuna
Lunchmeat and cheese
Burritos
Egg rolls
Taquitos

Other good stuff

Macaroni salad
chips, veggies, meat and dips
Quesadillas
Muffin-tin entrees
Kabobs
Stir fry
Potato salad
Salad

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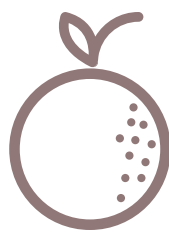
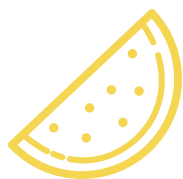
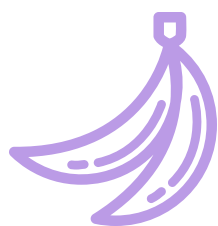


Sandwiches

Roll-ups and Wraps

Leftovers

Other good stuff



WHAT TO PUT IN THE REST OF THE LUNCHBOX

salty

chips : pretzels :
popcorn : crackers :
cheese : corn chips :
dry cereal : nuts :
peanut butter : beans :
canned green beans :
goldfish : cream
cheese : boiled egg :
olives : pickles :
croutons



sweet

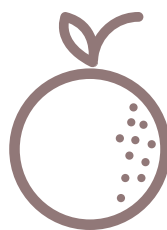
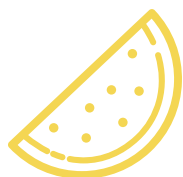
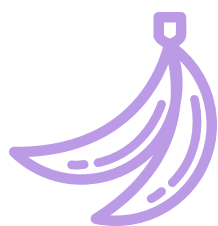
muffins : quick bread :
cookies : applesauce :
jello : graham crackers
: fruit chews : berries :
grapes : apple slices :
banana chips : dried
fruit : canned fruit :
orange sections and
slices : pineapple :
pudding

other stuff

condiments : bean dip : yogurt : fresh broccoli : carrots : celery :
green pepper : bagels :

supplies, supplies!

paper towels : silicone cupcake cups : plastic wrap : small plastic
containers : pre-packaged foods



WHAT TO PUT IN THE REST OF THE LUNCHBOX

salty



sweet

other stuff

supplies and goodies