

Ultimate School Lunch Planner

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Main Dish/Protein

Main Dish/ Protein cont'd

Veggies

Fruits

Other sides (Dairy, grains, nuts)

Dessert/ sweets

Eggs

- Hard Boiled
- Egg Salad Sandwich

Chicken

- Grilled chicken kabobs
(alternate chicken with cheese cubes, cherry tomatoes)
- Chicken Salad Sandwich- add:
 - Chopped pickles, mayo, celery
 - OR
 - Chopped grapes, apples, mayo, celery
- Grilled chicken, sliced
(plain or dip in honey mustard)

- Chef Salad with grilled chicken strips
- Spinach salad with grilled chicken strips-add:
 - Cucumbers, diced tomatoes, shredded carrots, croutons & ranch dressing
 - OR
 - Strawberries, blueberries, slivered almonds and raspberry vinaigrette dressing

Tuna

- Flaked tuna *(with Mayo, salt & pepper; serve with wheat crackers)*
- Tuna Salad Sandwich

Peanut Butter

- Peanut Butter & Jelly Sandwich
- Peanut Butter & Honey Sandwich
- Ants on a log *(Celery, peanut butter, raisins)*

Beans

- Chili **
- Hummus *(with pita chips/veggies)*

Pasta

- Cold Pasta and Veggie Salad *(see recipe)*

- Chicken Bacon Ranch Pasta Salad *(see recipe)*
- Spaghetti **

Misc.

- Beef snack sticks
- Pizza Bagels *(see recipe)*
- Veggie Pizza *(see recipe)*
- Fried Rice ** *(See recipe)*
- Canned soup **
- Homemade Taco Soup ** *(see recipe)*

Breakfast for Lunch

- Greek Yogurt with:
 - Fresh/frozen berries
 - Granola
 - Honey
- Hot homemade oatmeal** with:
 - Brown sugar
 - Raisins
 - Dried fruit
- Mini Pancakes or Waffles – add to batter:
- Sweet potatoes

- Bananas
- Canned pumpkin
- Sweet & Savory Anytime Muffins *(see recipe)*

Lunchmeat

- Choice of Deli Meat, cheese & veggies-choose:
- Lunchable style *(with Crackers)*
- Hoagie Bun
- Pita Pocket
- English Muffin
- Bagel
- Tortilla (rollup)
- Sandwich Bread

- Sliced cucumbers
- Cherry tomatoes
- Potato salad
- Pickle spears
- Shelled edamame *(steam, Serve cold)*
- Chopped salad mix *(prepackaged)*
- Spinach salad
- Add:
 - Veggies with choice of dressing
 - Strawberries, blueberries & raspberry vinaigrette dressing

- Caesar salad mix *(prepackaged)*
- Carrot sticks
- Broccoli florets
- Cauliflower florets
- Celery sticks
- Sugar snap peas
- Bell Pepper Strips

Dip ideas:

- Ranch dressing
- Hummus
- Cream cheese
- Parmesan dip *(add grated parmesan to plain Greek yogurt)*
- Dill dip *(Add a dill seasoning mix to sour cream)*

Other Favorites/Notes:

- Apple
- Banana
- Pineapple chunks
- Orange
- Clementine
- Grapefruit
- Kiwi
- Avocado slices
- Plum
- Mango
- Grapes
- Peach
- Nectarine
- Strawberries
- Pear
- Bing cherries
- Applesauce *(unsweetened)*

- Blueberries
- Raspberries
- Watermelon
- Honeydew melon
- Cantaloupe
- Dried Fruit: Choose:
 - Raisins
 - Banana Chips
 - Cranberries
 - Apples
 - Papaya
 - Apricot
 - Dried Fruit & nut mix
- Fruit kabob

- Fruit Strips
- Canned fruit

- String Cheese
- Mini Babybel Cheese
- Cubed cheese
- Shredded cheese
- Sliced cheese *with wheat crackers*
- Yogurt
- Pudding
- Prepackaged Muffins
- Cereal Bar
- Granola Bar
- BelVita Breakfast Biscuits
- Quaker Breakfast flats

- Goldfish crackers
- Pretzels
- Chips:
 - Baked Lay's
 - Original Lay's
 - Sun Chips
 - Lay's Stax

- Popcorn *(prepackaged or homemade)*
- Chex Mix
- Tortilla chips with salsa
- Veggie straws
- Veggie Chips
- Peanuts
- Almonds
- Cashews
- Mixed nuts

- Prepackaged cookies *(choice)*
- Homemade cookies: *ideas:*

- Chocolate chip
- Oatmeal Raisin
- Peanut Butter
- No-bake treats: *ideas:*
 - Chocolate peanut butter no-bake cookies
 - Rice Krispy Treats
 - Cheerio Bars *(see recipe)*
 - Banana Bread
 - Apple raisin bars *(see recipe)*
 - Brownie
 - 5-ingredient Cookie Bars *(see recipe)*
 - Fruit cobbler
 - Cake/Pie
 - Pastry/donut
 - Animal crackers
 - Graham crackers
 - Trail Mix

- Mini Candy Bar
- **Denotes thermos lunch. See tips and recipes on next page.*

(All other items can be served cold!)

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Thermos Tip: Before filling thermos with hot lunch: Heat enough water in microwavable-safe dish to fill your thermos (approximately 3 minutes in the microwave). Pour hot water into thermos, attach lid. Let thermos warm for 15 minutes before emptying water and then quickly transferring your hot lunch to your thermos.

RECIPES:

Cold Pasta and Veggie Salad

1 box tri-color rigatoni (12 oz)
Diced tomatoes – 1 to 2 large
Diced green onions (handful)
1 diced bell pepper
½ bottle Italian dressing
¼ cup grated parmesan cheese

Directions: Cook pasta according to directions; drain and rinse with cold water; transfer to serving bowl. Add veggies and Italian dressing. Add grated parmesan cheese and lightly toss. Add grilled, diced chicken if desired. Refrigerate, serve cold.

Chicken Bacon Ranch Pasta Salad

1 box bow-tie pasta (16 oz)
8 oz (½ package) bacon, cooked and crumbled
1 grilled chicken breast, diced
1 and 1/2 cups shredded cheddar
1 cup ranch dressing
4 oz whipped cream cheese
Salt & pepper to taste

Directions: Cook pasta according to directions; drain and rinse with cold water; transfer to serving bowl. Add crumbled bacon, chicken, cheddar cheese, ranch dressing, cream cheese and salt & pepper to taste. Refrigerate, serve cold.

Pizza Bagels

Plain Bagels
Deli Ham
Pepperoni slices
Sliced mozzarella cheese
Pizza sauce

Directions: Add meats and cheese to ½ of bagel; top with a few teaspoons of pizza sauce and the other half of bagel. Serve cold, sandwich-style.

Veggie Pizza

1 (8oz) can crescent rolls
6 oz whipped cream cheese
½ cup sour cream
2 tablespoons Hidden Valley Ranch seasoning mix

1 cup diced broccoli florets
½ cup shredded carrots
½ of a red bell pepper, diced
½ of a yellow pepper, diced
2 tablespoons diced green onions
1 cup cherry tomatoes, sliced in halves

Directions: On a cookie sheet, roll out crescent rolls into a large rectangular square like a pizza crust (pinch seams together). Bake at 350 for approximately 7-8 minutes. Mix together cream cheese, sour cream and the 2 tablespoons of ranch dressing mix. Once crust is cooled, spread this mixture over crust. Distribute the veggies evenly over the cream cheese mixture. Slice into squares & serve. Refrigerate leftovers.

Fried Rice

4 cups brown rice
1 chicken breast, cooked and diced (small)
1 carrot, diced small
1 cup frozen peas
1 small onion, diced
1 tsp minced garlic
1 egg
Soy sauce

Directions: Cook rice according to directions. Heat 2 tablespoons of oil on medium-high heat in a large skillet and add rice, carrot, onion, and peas until veggies are tender and stir-fried. (Add more oil as needed during cooking process.) Add egg directly into mixture, cook/chop into mixture, approximately 1-2 minutes. Add garlic, cook 1 minute. Mix in the cooked chicken. Add soy sauce to taste, a tablespoon at a time. Serve hot.

5 Ingredient Cookie Bars

1 yellow cake mix
1 stick butter, melted
2 eggs
1 tsp vanilla
1 package chocolate chips

Directions: Preheat oven to 350 degrees. Mix together cake mix, butter, eggs and vanilla until smooth. Add in chocolate chips. Spread evenly into a buttered 9x13 pan and bake approximately 20 minutes. Let cool and cut into squares.

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Taco Soup

1 pound ground beef
½ of a large yellow onion, diced
1 box vegetable stock
1 (8 oz) can tomato sauce
1 can diced tomatoes (undrained)
1 can black beans, rinsed and drained
1 can pinto beans, rinsed and drained
1 can corn, drained
1 tablespoon chili powder (or more to your liking)
1 teaspoon onion powder
1 tablespoon ground cumin
1 teaspoon salt
½ teaspoon pepper

Directions: In a large dutch oven or stockpot, brown ground beef and onion; drain. Add rest of ingredients to pot, stir. Continue stirring intermittently on medium heat for 10 minutes; lower heat and simmer for approximately 20 minutes. Garnish with shredded cheese, sour cream and diced green onions if desired.

Sweet & Savory Anytime Muffins

2 cups of flour
2 ½ teaspoons of baking powder
½ teaspoon of salt
¼ teaspoon of cinnamon
1 egg
3 Tablespoons of honey
½ cup of shredded carrot (about 1 large carrot)
¾ cup of shredded zucchini (about one medium-sized zucchini)
1 mashed very ripe banana
¼ cup of sugar
¾ cup to 1 cup of unsweetened applesauce

Directions: Whisk together the flour, baking powder, salt and cinnamon, set aside.

In a separate bowl, mix together the egg, honey, shredded carrot, shredded zucchini, mashed banana and ¾ cup of the applesauce. Pour the wet ingredients into the dry ingredients and mix with a spoon until moistened. Don't over-mix. If mixture is too thick, add another ¼ cup of applesauce.

Fill paper baking cups ¾ full and bake at 350 for approximately 15-18 minutes at 350 degrees.

Makes approximately 2 dozen muffins.

Cheerio Bars

6 cups Multi Grain Cheerios
1 cup honey
1 cup peanut butter
½ cup sugar

Directions: In a large saucepan, heat honey and sugar over medium heat just until boiling; remove from heat. Stir in peanut butter and mix until smooth. Stir in Cheerios until evenly coated. Press into a buttered 13x9x2-inch baking dish. Let cool, cut into squares & serve.

Apple Raisin Bars

2 cups flour
2 teaspoons baking powder
1 and ½ teaspoon cinnamon
½ teaspoon salt
2 cups packed light brown sugar
2 eggs
½ cup butter, softened
1 tsp vanilla extract
2 cups diced apples
¾ cup raisins

Directions: Preheat oven to 350 degrees. Grease a 13x9x2 in baking dish with butter. In a medium bowl, whisk together flour, baking powder, cinnamon and salt; set aside. In a large bowl with an electric mixer, blend together sugar, eggs, butter and vanilla until smooth. Gradually add in flour mixture with mixer on low speed just until incorporated. Stir in diced apples and raisins; spread into pan evenly. Bake approximately 35 minutes. Cool completely, cut into bars and serve.