



CREATE YOUR OWN: LUNCHBOX WEEKLY MENU PLANNER

Say goodbye to the daily, “what’s for lunch?” question with our Lunchbox Weekly Menu Planner. Give your kids the power of playing chef for the week by letting them write out and create their own weekly lunchbox menu. A great way to teach healthy habits and curate a lifetime of nutritious choices.

- 1 Print the Lunchbox Weekly Menu & Healthy Lunch Inspiration charts
- 2 Using the Healthy Lunch Inspiration chart for ideas, fill out the Lunchbox Weekly Menu with your child to plan what will be included in their lunchbox that week

Tip: Feel free to include your own favorite healthy meals and snacks!

The image displays two printable charts. The 'Lunchbox Weekly Menu' chart is a grid for planning meals from Monday to Sunday. Each day's section includes boxes for Main Course, Side, Drink, Treat, and Snack for Later. The 'Healthy Lunch Inspiration' chart provides a list of ideas categorized by these same meal components. The inspiration chart categories and their items are:

- MAIN COURSE:**
 - Ham & cheese mini bagel
 - Turkey & cheese roll-ups
 - PB & banana tortilla roll-ups
 - Greek yogurt & granola
 - Hummus & veggie mini pitas
 - Tuna fish on whole grain bread
 - Cottage cheese & mixed fruit
 - Whole grain crackers & chicken salad
- SIDES:**
 - Fruit with dip
 - Veggies & hummus
 - Crackers & cheese
 - Hardboiled egg
 - Apple slices & almond butter
 - Sliced pineapple
 - Applesauce
 - Carrot sticks
 - Dried fruit
- DRINK:**
 - Water
 - Milk
 - 100% juice
 - Fruit flavored water
- TREAT:**
 - Cookie
 - Hazlenut spread & pretzels
 - Banana muffin
 - Chocolate-covered raisins
- SNACK FOR LATER:**
 - Trail mix
 - Popcorn
 - Dried fruit leather
 - Yogurt-covered raisins
 - Cheese & crackers
 - Pita chips
 - Homemade salsa with chips



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Lunchbox Weekly Menu



Week of:

MONDAY

- Main Course:
- Side:
- Drink:
- Treat:
- Snack for Later:

TUESDAY

- Main Course:
- Side:
- Drink:
- Treat:
- Snack for Later:

WEDNESDAY

- Main Course:
- Side:
- Drink:
- Treat:
- Snack for Later:

THURSDAY

- Main Course:
- Side:
- Drink:
- Treat:
- Snack for Later:

FRIDAY

- Main Course:
- Side:
- Drink:
- Treat:
- Snack for Later:

SATURDAY & SUNDAY

- Main Course:
- Side:
- Drink:
- Treat:
- Snack for Later:

Healthy Lunch Inspiration



Pick one from each!



MAIN COURSE

- Ham & cheese mini bagel
- Turkey & cheese roll-ups
- PB & banana tortilla roll-ups
- Greek yogurt & granola
- Hummus & veggie mini pitas
- Tuna fish on whole grain bread
- Cottage cheese & mixed fruit
- Whole grain crackers & chicken salad

SIDES

- Fruit with dip
- Veggies & hummus
- Crackers & cheese
- Hardboiled egg
- Apple slices & almond butter
- Sliced pineapple
- Applesauce
- Carrot sticks
- Dried fruit

DRINK

- Water
- Milk
- 100% juice
- Fruit flavored water

TREAT

- Cookie
- Hazlenut spread & pretzels
- Banana muffin
- Chocolate-covered raisins

SNACK FOR LATER

- Trail mix
- Popcorn
- Dried fruit leather
- Yogurt-covered raisins
- Cheese & crackers
- Pita chips
- Homemade salsa with chips



LOOKING FOR MORE?

Back to School is the time for creativity and broadening horizons. Explore all the kid- and family- friendly healthy and delicious recipes at Dole.com or just scan the QR codes below!



Grab & Go Chewy Banana Cereal Bars



Ultimate Fruit Infinity Jars



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