

with Graphic Design by Sarah Koontz

Let’s Brown Bag It…

{A Real Mom’s Guide to Packing

Healthful School Lunches}

Including:

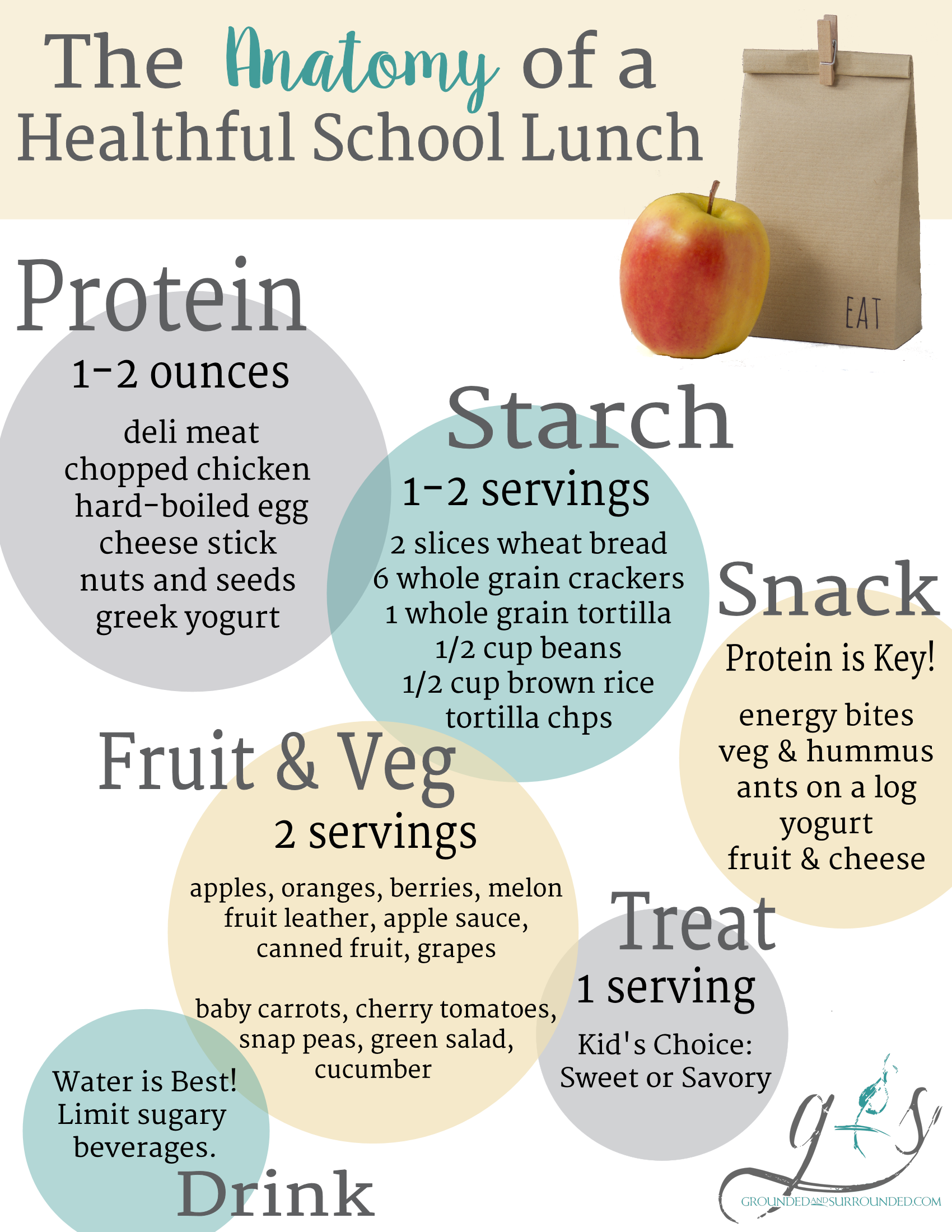
* 50 + Ingredient Ideas
* Supply Checklist
* Shopping List
* 5 Sample

Lunches

And More…

By: Sammi Ricke

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Real Mom’s Sample Lunch Ideas

Real Mom’s Brown Bag Shopping List

Here are some real examples of lunches I pack for my kids each week.

Lunch #1

* Romaine Lettuce wrapped around sliced ham and shredded cheese secured with a toothpick.
* Sliced Melon
* Sweet Potato Chips
* Homemade Muffin

Lunch #2

* Tortilla with Shredded Cheese, Ham & Lettuce
* Carrots and Cucumbers with Ranch dip
* Annies Cheddard Bunnies
* Homemade Cookie

Lunch #3

* Peanut Butter & Honey on Whole Wheat Bread
* Apple Slices
* Whole Grain Crackers
* Energy Bites
* Carrot Sticks

Lunch #4

* ½ sandwich on whole wheat with lettuce, ham and mayo
* Sliced Apples
* Carrot Sticks
* Annie’s Bunny Grahams

Lunch #5

* Turkey Pepperoni, Cheese Slices
* Crackers
* Carrot Sticks
* Homemade Energy Bites
* Orange

Real Mom’s Brown Bag Shopping List

Protien/Starch Combos

* Lunch Meat and Sliced Cheese Roll ups
* Sandwich made with whole grain bread, deli meat, cheese
* Romaine Lettuce Wraps with lunch meat and shredded cheese
* Turkey Pepperoni and a Cheese Stick or Cheese Cubes
* Tortilla filled with cheese and refried beans with a side of salsa
* Soup in a Thermos
* Hard Boiled Egg + Peanut Butter Cracker Sandwich
* Raw Nuts with String Cheese
* Hummus with Veggies
* Plain Greek Yogurt topped with raw local honey and a side of granola
* Nut Butter Sandwich
* Nut Butter with Apples or Veggies
* Jerky and Crackers

Snacks

* Energy Bite (larabar or homemade)
* Homemade Muffin
* Cheese Stick
* Granola Bars
* Granola and Yogurt
* Crackers and Cheese
* Ants on a Log

Vegetables

* Baby carrots
* Sliced cucumbers
* Sugar snap peas
* Cherry tomatoes
* Small green salad with dressing
* Sliced Bell peppers
* Vegetable Soup
* Snap Pea Crisps
* Sweet Potato Chips
* Pickles

Fruit

* Apple slices
* Orange slices
* Little Cuties (Halos)
* Strawberries (halved)
* Blueberries
* Blackberries
* Melon balls
* Raspberries
* Applesauce
* Grapes, sliced
* Fruit leather
* Banana
* Peaches
* Fruit Salad
* Homemade Fruit Snacks

Supplies

* Lunch Box/Bag
* Divided BPA free containers
* Small plastic containers
* Silicone Muffin Cups
* Fruit Puree Pouches
* Reusable snack bags
* Reusable Utensils
* Ice Packs
* Disposable snack and sandwich bags