



school lunch planner

Plan each school day clearly, then prep only what helps.

WEEK OF _____ allergy / school notes _____

DAY	MAIN	FRUIT / VEG	SIDE / SNACK	PREP NOTE
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				

PREP AHEAD

- ☐ Wash / portion produce
- ☐ Prep one protein or main
- ☐ Portion shelf-stable snacks
- ☐ Freeze / chill ice packs
- ☐ Restock containers + utensils

SHOPPING LIST

Buy only what this week needs.

