WEEKLY LUNCHBOX & KIDS SCHOOL SNACK PLANNER

Nut-Free Classroom Certified | Balanced Energy Fueling | Monday-Friday Morning & Afternoon Snack Grid

CLASSROOM POLICY: 100% TREE-NUT & PEANUT FREE | PAIR COMPLEX CARBOHYDRATES WITH PROTEIN FOR SUSTAINED FOCUS

WEEKLY SCHOOL LUNCH & SNACK SCHEDULE (FILLABLE)

School Day	Morning Brain Fuel (Snack 1)	Main Lunchbox Entree	Afternoon Recess Snack (Snack 2)	Hydration Target
Monday Packed: [ ]				
Tuesday Packed: [ ]				
Wednesday Packed: [ ]				
Thursday Packed: [ ]				
Friday Packed: [ ]				

12 NUT-FREE CLASSROOM SNACK IDEAS

Crunchy Roasted Chickpeas:
Tossed in olive oil and mild paprika, baked at 400 F until crisp. Packed with fiber and plant protein.

SunButter Apple Sandwiches:
Cored apple slices spread with sunflower seed butter and sprinkled with pumpkin seeds and cinnamon.

Greek Yogurt Tube & Berries:
Organic whole milk yogurt tubes frozen overnight; thaw to perfect chilled slush by morning snack time.

Mini Cheddar & Pretzel Bento:
Cubes of mild cheddar, pretzel sticks, baby cucumbers, and individual ranch dip cups.

SUNDAY SNACK PREP & SHOPPING LIST

Grocery Item / Batch Snack	Prepped	Portioned	Ready
			☐
			☐
			☐
			☐
			☐