WEEKLY SCHOOL LUNCHBOX MEAL PREP CHECKLIST

5-Compartment Bento Box Balance | 100% Nut-Free School Safe | Thermos Hot Retention Protocols

THE 5 BENTO PILLARS: 1. PROTEIN FUEL | 2. COMPLEX CARBS | 3. CRUNCHY VEGGIES | 4. FRESH FRUIT | 5. FUN TREAT / DIP

MONDAY TO FRIDAY BENTO LUNCH PLANNING GRID (FILLABLE)

School Day	Main Fuel (Sandwich / Thermos)	Crunchy Veggie & Dip	Fresh Fruit Snack	Fun Treat / Drink
Monday Packed: [ ]				
Tuesday Packed: [ ]				
Wednesday Packed: [ ]				
Thursday Packed: [ ]				
Friday Packed: [ ]				

NUT-FREE SCHOOL-SAFE INSPIRATION BANK

Turkey & Cheddar Pinwheels:
Tortilla rolled with roasted turkey breast, mild cheddar, spinach & cream cheese, sliced into 1-inch sushi-style rounds.

SunButter & Fruit Roll-Up:
Nut-free sunflower seed butter spread over whole grain wrap with sliced strawberries or banana coins.

Rainbow Veggie & Hummus Bento:
Tri-color bell pepper strips, baby carrots, and cucumber coins with individual garlic hummus dip cup.

Thermos Macaroni & Meatballs:
Pre-heated insulated thermos filled with whole grain pasta shells, mild marinara, and mini turkey meatballs.

FOOD SAFETY & THERMAL PACKING LAWS

The Boiling Water Thermos Priming:
Fill thermos with boiling water for 10 minutes before adding food. Dump water, instantly add boiling hot food, and seal tight. Stays > 140°F until lunch.

The Double Ice Pack Rule:
Cold items (deli meats, dairy yogurt, cut melons) require TWO frozen gel packs--one below and one on top of the container--to stay < 40°F.

Preventing Soggy Bread:
Place cheese or lettuce barrier directly against bread slices before moist condiments (mayo or mustard) to prevent moisture permeation.

Daily Cleaning & Sanitize:
Wash silicone bento dividers, thermos gaskets, and water bottle spouts daily in warm soapy water; allow full air dry to prevent black mildew.