WEEKLY SCHOOL LUNCHBOX MEAL PREP PLANNER

5-DAY BALANCED NUTRITION ROSTER | BENTO PACKING GUIDE & BATCH INGREDIENT LIST

STUDENT: _____ **GRADE:** _____ **WEEK OF:** _____ **THERMOS: [ ] YES [ ] NO**

	MAIN ENTREE / PROTEIN	FRUITS & FRESH VEGGIES	CRUNCH / WHOLE GRAIN	SWEET BITE & HYDRATION
MONDAY *Theme / Notes* _____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
TUESDAY *Theme / Notes* _____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
WEDNESDAY *Theme / Notes* _____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
THURSDAY *Theme / Notes* _____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
FRIDAY *Theme / Notes* _____	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

NUTRITIONAL BENTO BLUEPRINT (4-PILLAR RULE)

1. Sustained Protein Power
Turkey roll-ups, hard boiled eggs, edamame, hummus, Greek yogurt dip, chicken tenders, black bean quesadilla.

2. Color & Fiber Veggie Crunch
Cucumber coins, baby carrots, cherry tomatoes, bell pepper matchsticks, sugar snap peas with ranch dip.

3. Hydrating Fruit Sweetness
Apple slices with lemon water bath, blueberries, seedless grapes (halved), mandarin segments, watermelon.

4. Smart Carbohydrate Energy
Whole wheat pita pockets, pretzel sticks, cheese crackers, air-popped popcorn, mini whole grain bagels.

SUNDAY LUNCHBOX PREP & PACKING CHECKLIST

[ ] Wash, dry, and portion all berries and grapes into small cups

[ ] Slice celery, peppers, and cucumbers; store in water containers

[ ] Boil 6 pasture-raised eggs; peel and store in sealed glass container

[ ] Bake mini muffin batch / whole wheat snack bites for freezer stash

[ ] Fill and freeze juice / water bottles (act as midday ice packs)

[ ] Check thermos heat seal and sanitize silicone bento gaskets

[ ] Restock lunchbox note cards / jokes in kitchen supply drawer

GROCERY STAPLES TO RESTOCK:

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