

Weekly Lunch Box Planner

A five day lunch rotation your kid will actually eat, who packs it, and what to restock.

■ THIS KID

Name _____ Allergy or school rule _____

■ THE WEEKLY ROTATION

	MON	TUE	WED	THU	FRI
Main	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fruit	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Veg/side	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Snack	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Treat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Drink	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

■ WHO PACKS EACH MORNING

Mon _____ Tue _____ Wed _____ Thu _____ Fri _____

■ STAPLES RESTOCK

Tick what is low, then add it to the shared grocery list.

- Bread, wraps, or tortillas
- The 2 to 3 sandwich fillings your kids actually eat
- Fruit that travels (apples, clementines, grapes, bananas)
- Cut veg and a dip they like
- Snacks the kids reliably finish
- Yogurt, cheese sticks, or another protein
- The treat
- Drinks or refillable water bottles
- Ice packs, frozen and ready
- Reusable containers, baggies, a spare fork