

A Month of Possible Lunch Ideas for Preschoolers Age 3-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTE: As of August 2009, Makakilo Baptist Preschool will be a completely peanut-free environment - peanut butter is ok but please no peanuts or trail mix with peanuts. Thank you for your consideration.</p>		1/2 Egg Salad Sand Cheese Sticks/cubes Carrot sticks Mixed Fruit/Milk	1/2 butter & Jelly Sand. <i>(opt.: use a safe subst. like Sunbutter spread)</i> 1 hard-cooked egg Celery sticks Peaches/Milk	1/2 Tuna sandwich Edamame (soy) beans Orange wedges 1 oatmeal cookie Milk or water
Hot dog in bun (or musubi) Carrot sticks or vegetable chips Jello cup or fruit Milk or water	1/2 cheese sandwich Tomato wedges 1 hard-cooked egg Pineapple or other fruit Milk or water	1/2 meat sandwich Vegetable soup Pudding cup Banana Milk or water	1/2 ham & cheese sand. <i>(or opt.: Lunchable)</i> Cucumber sticks Apple wedges & raisins Milk or water	Tuna & crackers Celery or carrot sticks Peaches 2 small cookies (no nuts!) Milk or water
Chicken nuggets Salad: coleslaw, etc. Rice pudding or tapioca Apple wedges or other fruit Milk or water	1/2 Butter & Jelly (or subst. for peanut butter like Sunbutter or cream cheese) 1 hard-cooked egg Vegetables: carrot sticks or raw broccoli, etc. Mixed fruit cup Milk or water	Tacos (or taco chips with meat, salsa & cheese) Orange wedges 1 large or 2 small cookies <i>(no nuts or peanut butter!)</i> Small Yogurt cup or Gogurt Milk or water	1/2 Tuna salad sandwich <i>(or musubi)</i> Cheese cubes, sticks, etc. Apple slices Celery sticks or vegetable chips Milk or water	Pork 'n Beans w/hot dog pieces or vienna sausage Rice Cakes or cornbread Salad: toss, coleslaw, etc. Fruit - fresh, canned or fruit roll up or shapes Milk or water
1/2 Cheese sandwich 1 hard-cooked egg Carrots, celery or cumpers Pineapple chunks Milk or water	Musubi Cucumber sticks or pickles Applesauce 1 oatmeal cookie Milk or water	1/2 chicken salad sandwich Raisins or dried cranberries Rice pudding Potato sticks <i>(or small serving of potato or veggie chips)</i> Milk or water	Sliced hard-cooked egg <i>(or egg salad) sandwich</i> Cheese crackers (Goldfish, etc) Peaches or fresh melon in bite-size pieces or cubes Milk or water	Macaroni & cheese Pineapple chunks Coleslaw or other salad Jello cup Milk or water
Tuna & crackers <i>(or Lunchable lunch)</i> Vegetable sticks Fruit Milk or water	Spaghetti - canned or home-made with meatballs Salad: tossed greens Jello with fruit Milk or water	1/2 cold meat sandwich Tomato soup (or tomatoes) Carrot sticks Melon chunks - or other fruit Milk or water	Chicken nuggets Ketchup or dipping sauce Apple or orange wedges Pudding or Yogurt cup 2-3 Vanilla Wafers Milk or water	Hot dog in a bun <i>(or Vienna sausages & 1/2 bread & butter or roll)</i> Vegetable sticks Fruit - fresh or canned Milk or water