

BACK TO SCHOOL

Lunchbox Daily Planner with costs per serving*

MONDAY WRAPPED UP GOOD \$3.29 Organic chicken (use leftover from Sunday dinner!) and Neufchâtel cheese in a whole-wheat pita wrap sandwich with lettuce & tomato, snap peas or broccoli bites with balsamic dressing dip, banana or plum or peach.	TUESDAY HUMMUS & FRIENDS \$3.31 Hummus with whole-grain pita chips or wedges, carrot & celery sticks, melon, mixed nuts.
WEDNESDAY NUTTY BUDDY \$1.52 PB&J (peanut, almond or soynut butter with 100% fruit spread on whole-grain sandwich bread), cucumber or bell pepper bites with ranch dressing dip, grapes.	THURSDAY PASTA PARTY \$3.31 Whole wheat pasta salad (cook extra pasta at Wednesday night's dinner) with olives & feta, organic apple or pear slices with yogurt for dip, GORP (good old raisins & peanuts) or dried fruit & nuts mix.
FRIDAY LOONY TUNA \$2.01 Tuna salad made with apple and celery for loading on whole-grain crackers, cherry tomatoes & steamed green beans with sour cream dip, strawberries.	SNACKS Don't let snack time be splurge time. Go to pages 20 & 21 for snack ideas that are health friendly, budget friendly...and kid friendly!

* We overestimated (in your favor) the cost of ingredients used, but there's always a chance things add up a little differently in your neck of the woods.