

# MY LUNCHBOX meal Planner

## SAMPLE WEEK

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Monday – Pizza Mac, Cheese Stick, Cinnamon Apples and a drink

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Tuesday – Squid Dogs, Pineapple Tidbits, Baby Carrots with Ranch Dip and a drink (recommend milk for a serving of dairy)

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Wednesday – Yogurt Parfait, Grapes and a drink

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Thursday – Lunch on a Stick and a drink

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Friday – Tacos with Refried Beans, Applesauce and a drink

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