

Quick No-Cook Lunches

These recipes are optional and provide suggestions for those in charge of providing meals in schools. Substitutions can be made based on what is in season and the food preferences of your community



SANDWICHES



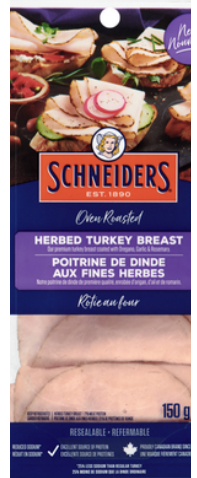
- Whole wheat bread/bun
 - Roast turkey/chicken/tuna or egg Salad
 - Shredded cheese
 - Lettuce
 - Tomato, Cucumber, pickles
 - Mayonnaise, Mustard, etc.
- Additional fruit or vegetable on the side
- Milk or Water



SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



BURRITOS, QUESEDILLAS, OR TORTILLA TRIANGLES



- Wholegrain wrap
 - Cheese
 - Red onion
 - Can of black beans and corn, bean spread, etc.
 - Diced peppers and/or tomatoes
 - Salsa
 - Chili powder, cumin, or other seasoning to taste
- Additional fruit or vegetable on the side



SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST





PESTO SANDWICH

- Whole-grain Wrap or Bread
 - Pesto
 - Tomato
 - Mozzarella
- Side of cut vegetables

SAVE-ON SHOPPING LIST

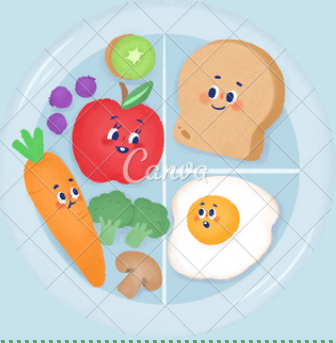


WHOLESALE CLUB SHOPPING LIST



CUCUMBER BOURSIN WRAP

- Whole-grain Wrap or Bread
 - cut up cucumbers
 - cream cheese - garlic and herb, or flavored
 - Optional: Chicken
- Side of cut vegetables



SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST

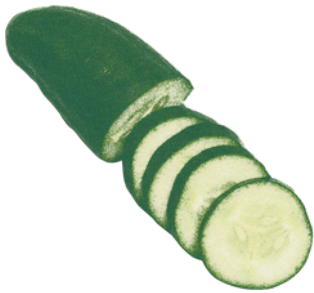




TURKEY ROLL-UP'S

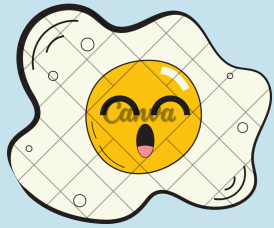
- Wholegrain Pita
 - Turkey
 - Mustard
 - Spinach, cucumber, or veggies of choice in wrap or on the side
 - Cheese of choice

SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST





KEBABS - CHEESE, MEAT, AND GRAPES

- Skewer Sticks
 - Cubed Cheese, Bocconcini, etc.
 - Folded Turkey Breast Slices and/or chicken
 - Grapes, cherry tomatoes, cucumber, etc.

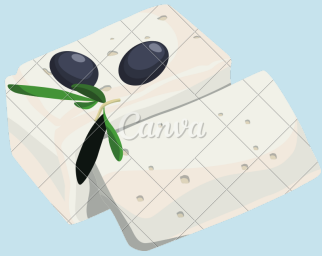


SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST





GREEK PITAS

- Chicken
- Feta
- Cucumber, tomato, or veggies of choice

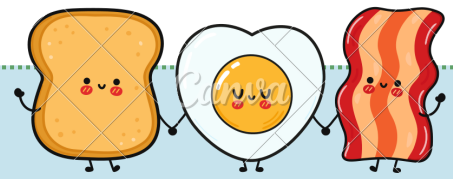


SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST





ZOODLES

- Shred zucchini
- Toss in Parmesan cheese or Italian dressing
- Side of veggies and/or fruit



SAVE-ON SHOPPING LIST



WHOLESALE CLUB SHOPPING LIST



WALMART

Vegetable Spiralizer

- SpiraLife Spiralizer Vegetable Slicer (\$11.99)
- Starfrit 3 in 1 Spiralizer (\$9.57)

