

Free Sample — 5 School Lunches for 2 Kids Under \$25

No-heat, nut-free, lunchbox-friendly. Prices are typical US grocery-store estimates (fall 2026); yours will vary.

The week

Day	Main	Fruit	Veg	Snack
Mon	Turkey & cheese roll-ups (tortilla)	Apple slices (lemon water)	Baby carrots	Pretzels
Tue	Pasta salad (rotini, cheese cubes, peas, Italian dressing)	Grapes	(in pasta)	Yogurt tube
Wed	DIY "lunchable": crackers, cheese, turkey	Clementine	Cucumber coins	—
Thu	Sunflower-butter & jam sandwich	Banana	Baby carrots	Popcorn
Fri	Leftover pasta salad <i>or</i> cheese quesadilla wedges (cold)	Apple	Cucumber	Yogurt tube

Drink: refillable water bottle every day.

Grocery list by aisle (≈ \$23–25)

Produce: apples (4) ~\$3 · grapes 1 lb ~\$2.50 · clementines bag (use 2) ~\$4 · bananas (2) ~\$0.50 · baby carrots 1 lb ~\$1.50 · cucumber (2) ~\$1.50 **Bakery:** 8-ct flour tortillas ~\$2.50 · sandwich bread (use 4 slices) ~\$2 **Deli/Dairy:** sliced turkey 8 oz ~\$4 · cheese block 8 oz (cube + slice) ~\$2.75 · yogurt tubes 8-ct ~\$2.50 **Pantry:** rotini 1 lb ~\$1.25 · frozen peas (use 1 cup) ~\$1 · Italian dressing ~\$1.75 · crackers ~\$2.50 · pretzels ~\$2 · popcorn kernels/bag ~\$1.50 · sunflower butter ~\$4 · jam ~\$2 *Pantry items marked last much longer than one week; per-week cost ≈ \$23 counting only what's used.*

Sunday prep (30 min)

1. Cook rotini; mix pasta salad (makes Tue + Fri). Fridge.
2. Wash grapes; slice cucumbers; portion carrots into 5 bags.
3. Cube half the cheese; slice the rest.
4. Pop popcorn; bag pretzels and popcorn.

Nightly pack (10 min)

Pull the day's row; ice pack in; water bottle filled and in fridge.

Want blank sheets to plan any week? See the Week of Lunches planner (*coming soon*). Also try the free Week of Dinners sample (operator packs site).