

Welcome to 30 Days of School Lunches!

Packing school lunches every day can feel overwhelming, but this guide was designed to make it simpler. With 30 different ideas, you can rotate meals, keep things fresh, and take the daily guesswork out of lunch prep.

A Few Things to Know

- **Nut-Free & Fish-Free:** Every idea here is school-friendly and safe.
- **Seasonal Swaps:** The fruits and veggies listed are available year-round, but feel free to swap in your child's seasonal favorites.
- **Thermos Tip:** Keep hot foods warm by filling a thermos with boiling water for **5 minutes** before adding reheated food.
- **Cold Lunch Tip:** Always pack an ice pack to keep food fresh until lunchtime.
- **Age-Appropriate Portions:** Cut or peel foods so your child can eat independently.
- **Don't Stress Uneaten Lunches:** It happens! Kids' appetites change from day to day, and that's perfectly normal.

Want More Lunchbox Inspiration?

- Browse recipes connected to these lunches at [MeasuringCupsOptional.com](https://measuringcupsoptional.com) (I'll keep adding more throughout the school year!).
- See real lunchbox photos and bonus tips on my Instagram highlights: [@measuring.cups.optional](https://www.instagram.com/measuring.cups.optional).

Enjoy stress-free school lunches this month—happy packing! 🍷✨



30 Days of Lunches

COLD MENU

TURKEY & CHEESE PINWHEELS

HUMMUS & VEGGIES
CRACKERS

MUSAKHAN ROLLS

HUMMUS & VEGGIES
STRAWBERRIES

ROAST CHICKEN SANDWICH

RANCH & VEGGIES
PRETZELS

MEAT OR VEGGIES SAMBOOSA

HALLOUMI CHEESE
GRAPES

SPINACH & CHEESE WAFFLES

YOGURT POUCH
CUCUMBERS

BBQ CHICKEN SANDWICH

SUMMER ORZO SALAD
GRAPES

TOMATO SANDWICH ON FRENCH BREAD

SUMMER ORZO SALAD
FRUIT BAR

AVOCADO CHICKEN WRAP

HERBY COUSCOUS SALAD
STRAWBERRIES

CHICKEN QUESADILLAS

CORN SALAD
APPLES

SUN BUTTER & JELLY UNCRUSTABLE

BANANAS
STRING CHEESE

BAKED TACOS

CORN SALAD
GRAPES

CHICKEN MEATBALLS

RANCH & VEGGIES
FRUIT BAR

KAFTA SANDWICH

HUMMUS & VEGGIES
BLUEBERRIES

KUBBEH

HUMMUS & VEGGIES
CRACKERS

CHICKEN SALAD SANDWICH

CRACKERS
STRING CHEESE

COLD STUFFED GRAPE LEAVES

HUMMUS & VEGGIES
FRUIT BAR

ZAATAR MANAEESH

OLIVES
HALLOUMI CHEESE

TURKEY CROISSANT SANDWICH

YOGURT POUCH
CARROT CAKE MUFFIN

PIZZA MUFFINS

YOGURT POUCH
STRAWBERRIES

LAHMA BI AJEEN

CUCUMBER STICKS
APPLES

LABANEH, ZAATAR & CUCUMBER PITA

APPLES
PRETZELS

SPINACH PIES

HALLOUMI CHEESE
APPLES

CHICKEN SHAWARMA PITA

HUMMUS & VEGGIES
GRAPES

ZAATAR MUFFINS

TOMATO & CUCUMBER SALAD
STRAWBERRIES

HOMEMADE LUNCHABLES

YOGURT POUCH
CARROT CAKE MUFFIN

CHICKEN NUGGETS

BROCCOLI TOTS
GRAPES

HALLOUMI & TOMATO SANDWICH

PRETZELS
GRAPES

NOTES

- SWAP FRUITS FOR WHAT'S IN SEASON
- PACK WITH AN ICE PACK
- ALL LUNCHES ARE NUT-FREE, FISH-FREE AND SCHOOL-FRIENDLY
- RECIPES CAN BE FOUND AT MEASURINGCUPSOPTIONAL.COM

CHEESEBURGER

BROCCOLI TOTS
APPLES

HOT DOG ROLLS

BROCCOLI TOTS
APPLES

FALAFEL BALLS

TOMATO & CUCUMBER SALAD
FRUIT BAR

30 Days of Lunches

COLD & HOT MENU

TURKEY & CHEESE PINWHEELS

HUMMUS & VEGGIES
CRACKERS

HOMEMADE LUNCHABLES

YOGURT POUCH
CARROT CAKE MUFFIN

ZAATAR MANAEESH

OLIVES
HALLOUMI CHEESE

LASAGNA

PRETZELS
BLUEBERRIES

CHICKEN & RICE

TOMATO CUCUMBER SALAD
YOGURT RAISINS

BAKED TACOS

CORN SALAD
GRAPES

MUSAKHAN ROLLS

HUMMUS & VEGGIES
STRAWBERRIES

ROAST CHICKEN SANDWICH

RANCH & VEGGIES
PRETZELS

STIR FRY NOODLES

CUCUMBER SLICES
STRING CHEESE

LABANEH ZAATAR & CUCUMBER PITA

APPLES
PRETZELS

PIZZA

YOGURT POUCH
CRACKERS

KAFTA SANDWICH

HUMMUS & VEGGIES
BLUEBERRIES

SUN BUTTER & JELLY UNCRUSTABLE

BANANAS
STRING CHEESE

CHICKEN NUGGETS

BROCCOLI TOTS
GRAPES

CHEESEBURGER

BROCCOLI TOTS
APPLES

CHICKEN SALAD SANDWICH

CRACKERS
STRING CHEESE

RAVIOLI

FRUIT BAR
STRAWBERRIES

TURKEY CROISSANT SANDWICH

YOGURT POUCH
CARROT CAKE MUFFIN

BBQ CHICKEN SANDWICH

SUMMER ORZO SALAD
GRAPES

PIZZA MUFFINS

YOGURT POUCH
STRAWBERRIES

SPINACH & CHEESE WAFFLES

YOGURT POUCH
CUCUMBERS

KUBBEH

HUMMUS & VEGGIES
CRACKERS

MUAJANAT (MIDDLE EASTERN PASTRIES)

HALLOUMI CHEESE
CARROT CAKE MUFFIN

CHICKEN SHAWARMA PITA

HUMMUS & VEGGIES
GRAPES

SPAGHETTI & MEATBALLS

CRACKERS
APPLES

HASHBROWN MUFFINS

PANCAKES
BLUEBERRIES

CHICKEN & CHEESE QUESADILLA

CORN SALAD
APPLES

NOTES

- SWAP FRUITS FOR WHAT'S IN SEASON
- PACK WITH AN ICE PACK OR PREHEATED IN A THERMOS
- ALL LUNCHES ARE NUT-FREE, FISH-FREE AND SCHOOL-FRIENDLY
- RECIPES CAN BE FOUND AT MEASURINGCUPSOPTIONAL.COM

MAC & CHEESE

BLUBERRIES
CARROT CAKE MUFFIN

GRILLED CHEESE SANDWICH

TOMATO SLICES
FRUIT BAR

BROCCOLI CHEDDAR SOUP

PRETZELS
APPLES