



STUDENT NAME: _____

GRADE: _____ **DATE:** _____

BUILD YOUR OWN BENTO \$3/DAY

CHOOSE 1 PROTEIN | CHOOSE 1 GRAIN | CHOOSE 2 FROM THE GARDEN

**BIG KID OPTION
\$4/DAY**

SEE SCHOOL
MENU FOR BIG
KID OPTION

MON.

PROTEIN

- Boiled Eggs
- Cheese Cubes
- Turkey Roll

GRAIN

- Cheerios
- Pita Chips
- Pretzels

GARDEN

- Apple Slices
- Carrots
- Grapes
- Mixed Berries
- Orange Slices

- Big Kid Lunch
- Add Water For .50 Extra
- Add Milk For .50 Extra

TUES.

PROTEIN

- Boiled Eggs
- Cheese Cubes
- Turkey Roll

GRAIN

- Cheerios
- Pita Chips
- Pretzels

GARDEN

- Apple Slices
- Carrots
- Grapes
- Mixed Berries
- Orange Slices

- Big Kid Lunch
- Add Water For .50 Extra
- Add Milk For .50 Extra

WED.

PROTEIN

- Boiled Eggs
- Cheese Cubes
- Turkey Roll

GRAIN

- Cheerios
- Pita Chips
- Pretzels

GARDEN

- Apple Slices
- Carrots
- Grapes
- Mixed Berries
- Orange Slices

- Big Kid Lunch
- Add Water For .50 Extra
- Add Milk For .50 Extra

THUR.

PROTEIN

- Boiled Eggs
- Cheese Cubes
- Turkey Roll

GRAIN

- Cheerios
- Pita Chips
- Pretzels

GARDEN

- Apple Slices
- Carrots
- Grapes
- Mixed Berries
- Orange Slices

- Big Kid Lunch
- Add Water For .50 Extra
- Add Milk For .50 Extra

FRI.

PROTEIN

- Boiled Eggs
- Cheese Cubes
- Turkey Roll

GRAIN

- Cheerios
- Pita Chips
- Pretzels

GARDEN

- Apple Slices
- Carrots
- Grapes
- Mixed Berries
- Orange Slices

- Big Kid Lunch
- Add Water For .50 Extra
- Add Milk For .50 Extra