

Lunch/Dinner List (note: make lunch the night before)

- Big container of veggies in the fridge with small bowl full of ranch dressing, for after school snacking
- Make sure you empty lunch bags after school and wash containers so you have some for the next day

Wednesday

Lunch:

Taken care of by mommy ☺

After school snack before swimming:

- Smoothie made with 1/2 cup of water, 2 cups of frozen blueberries, 1 cup of vanilla yogurt and 2 bananas. If there is a lot there, put some in the metal water bottle with blue lid to take in the car to swimming.
- **DON'T FORGET NEW COLOURING BOOKS** ON TOP OF THE WINE GLASS CABINET TO OCCUPY THE GIRL DURING BOY'S SWIM PRACTICE; take them along with pink colouring box that's in the bag of colouring stuff in the living room.
- Cut up some apples and spread with peanut butter (it's in fridge)

Dinner:

- hot dogs (cook in frying pan on the stove, med. heat)

Thursday

DON'T FORGET TO TAKE CELLO TO SCHOOL!

Lunch:

- ham sandwich with mayo and cheese
- bag of crackers (on top of the fridge in the basement)
- apple sauce (in fridge in basement)
- small red cheesy snack
- sliced kiwi in small Tupperware with green lid
- granola bar
- small spoon
- 3 long cookies (the kind that you always steal) in a long/skinny Tupperware with green lid

Dinner:

- frozen chicken fingers (follow directions on package, cook in stove on cookie sheet)
- french fries (follow directions on package, cook in stove on another cookie sheet)
- raw veggies/dip

Friday

Lunch:

- 1/2 piece of pita sliced into quarters, in Tupperware with red lid
- hummus in smallest square of Tupperware with blue lid
- small red cheesy snack

- small clementine orange
- sun chips in small square Tupperware
- granola bar (the soft kind filled with jam)
- applesauce (in fridge in basement)
- spoon

Dinner:

- pasta with meatballs/sauce (put sauce/meatballs in saucepan – like for soup – and meat on medium, cook pasta per directions in big silver pot, use the whole package of pasta)