



## BACK TO SCHOOL SURVIVAL GUIDE

# THE ESSENTIAL SCHOOL LUNCH GROCERY LIST

### Pantry Essentials

#### Grains:

- ☐ Sliced bread
- ☐ Pita bread, naan bread
- ☐ Tortillas
- ☐ English muffins, bagels
- ☐ Pasta (like rotini or penne)

#### Legumes:

- ☐ Canned beans
- ☐ Nut butter, seed butter

#### Snacks:

- ☐ Crackers, chips, popcorn
- ☐ Bars, cookies
- ☐ Dried fruit
- ☐ Nuts, seeds
- ☐ Olives, pickles
- ☐ Jerky, meat sticks

#### Condiments:

- ☐ Mayonnaise
- ☐ Ranch dressing
- ☐ Jelly, jam

### Refrigerator Essentials

#### Protein:

- ☐ Deli meat
- ☐ Rotisserie chicken
- ☐ Eggs
- ☐ Cheese blocks, slices, shreds
- ☐ Cheese sticks, mini rounds
- ☐ Yogurt, cottage cheese

#### Dips and spreads:

- ☐ Hummus mini cups
- ☐ Guacamole mini cups
- ☐ Cream cheese

#### Produce:

- ☐ Carrots
- ☐ Celery
- ☐ Bell peppers
- ☐ Cucumbers
- ☐ Sugar snap peas
- ☐ Cherry tomatoes
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Avocados
- ☐ Fresh fruit