

5-Day Back-to-School Lunch Plan Shopping List

Pantry Staples

- Extra-virgin olive oil
- Table salt
- Ground black pepper
- Red wine vinegar

Canned, Bottled & Dry Goods

- Worcestershire sauce
- Panko breadcrumbs
- 1 small jar Kalamata olives
- 1 small box bow-tie pasta or similar
- 1 package (8-inch) whole wheat tortillas
- 1 package small (5 ½-inch) corn or flour tortillas
- 1 small bag mini pretzels
- 1 box small whole-grain crackers (or whole wheat hamburger buns)

Dried Herbs & Spices

- Italian Seasoning
- Onion powder
- Garlic powder
- Mild chili powder

Dairy Items

- Low-fat plain yogurt
- 1 small block feta cheese
- 1 container ciliegine mozzarella balls (cherry size)
- 1 container whipped cream cheese
- 1 bag Mexican-style shredded cheese

Refrigerator & Freezer Items

- 1 small package prepared hummus
- 1 small package prepared guacamole or mashed avocado
- 1 large egg

Produce

- 1 lemon
- 1 small bunch dill
- 1 small bunch basil
- 1 small head romaine lettuce
- 1 large cucumber
- 1 pint grape tomatoes
- 2 large sweet bell pepper (any color)
- 2 large carrots
- 1 bunch celery hearts
- 1 apple
- 1 cup berries, such as strawberries, blueberries, blackberries or a mix

Meat, Poultry & Seafood

- 12 ounces ground turkey
- 1 ounce packaged salami