

Pack Waste-Free and Healthy

Use the examples from Monday, Tuesday, and Wednesday to create your own waste-free and healthy lunch menus for Thursday and Friday. You can pack sandwiches, leftovers from dinner, fruits, veggies, juice, or anything that you think is healthy and waste-free. If you put items that need to be refrigerated in your lunch, such as mayonnaise, cold cuts, or cheese, be sure to include a reusable ice pack in your lunch box or bag. Make sure to pack only what you can eat, reuse, recycle, or compost.

Monday MENU
Lunch bag ----- Reuse paper bag
Grape juice ----- Recycle plastic bottle
Tuna sandwich ----- Reuse container
Leftover pasta salad ----- Reuse container
Apple ----- Compost core
Ice pack ----- Reuse pack

Tuesday MENU
Lunch bag ----- Reuse paper bag
Water ----- Reuse thermos
Turkey wrap ----- Reuse container
Orange ----- Compost peel and seeds
Cookies ----- Reuse plastic baggie
Ice pack ----- Reuse pack

Wednesday MENU
Lunch bag ----- Reuse paper bag
Lemonade ----- Recycle plastic bottle
Peanut Butter and Jelly ----- Reuse plastic baggie
Fruit Cup ----- Recycle aluminum cup
Crackers ----- Recycle plastic container

Thursday MENU

Friday MENU

