

Menu

Dinner #1: Black Bean & Chicken Burritos

At Home Preparation

- Chop tomatoes, peppers, & lettuce
- Grill & slice chicken (enough for dinner & sandwiches)
- Pack all ingredients into water tight containers. (I prefer mason jars, but any tupperware or ziplock bag will do. Ziplocks are especially good if you're short on space.)
- Put sour cream in water tight container

Breakfast #1: Pancakes

At Home Preparation

- Make pancake mix & put in water tight container
- Put syrup into water tight container

Lunch #1: PB & J Sandwiches (Or roll ups if your kid is weird and won't eat bread, but will eat tortillas), Grilled Chicken Sandwiches (With avocado, bacon & tomato)

At Home Preparation

- Cook bacon & pack in water tight container

Lunch # 2: PB & J Sandwiches, Grilled Chicken Sandwiches (With avocado, bacon & tomato)

Dinner #2: Pasta w/Summer Veggies (Or just parmesan if you're under 10)

At Home Preparation

- Saute your veggies of choice (don't overcook or they'll get soggy)
- Chop red onion (these will be added raw to the pasta)
- Slice cherry tomatoes in half (these will be added raw to the pasta)
- Grate parmesan
- Pack all ingredients in water tight container

Breakfast #2: Bagels & Cream Cheese, Yogurt & Granola , Cold Cereal or Instant Oatmeal

At Home Preparation

- Pour milk into mason jar for cold cereal and coffee

**** You will need a cooler with ice or ice packs to pack the perishables in and something for the non-perishables. I like to use a plastic tub which keeps the critters out.**

