

# Waste-Free Lunch

## Pack Waste-Free and Healthy

Below are waste-free lunch menus for one week of school. The first two days have been completed for you. Use these sample menus for ideas, or come up with your own ideas, and create your own waste-free and healthy lunch menus for Wednesday, Thursday, and Friday (on back). Make sure to pack only what you can eat, reuse, recycle, or compost.

<b>Monday</b>		
<b>Purpose</b>	<b>What to bring and how to bring it</b>	<b>What to do with it when I'm done</b>
<b>Carry my lunch</b>	Lunch box	Use it again tomorrow
<b>Main dish</b>	Ham sandwich in plastic container	Eat all of the sandwich; reuse the container
<b>Fruit/Vegetable</b>	Peach – no extra container	Eat the peach; throw the pit in the garbage
<b>Side dish/ Dessert</b>	Yogurt in the container it came in	Eat the yogurt; recycle the container
<b>Drink</b>	Milk; buy at school in plastic bottle	Drink the milk; recycle the bottle

<b>Tuesday</b>		
<b>Purpose</b>	<b>What to bring and how to bring it</b>	<b>What to do with it when I'm done</b>
<b>Carry my lunch</b>	Lunch box	Use it again tomorrow
<b>Main dish</b>	Turkey tortilla wrap in plastic container	Eat all of the wrap; reuse the container
<b>Fruit/Vegetable</b>	Banana	Eat the banana; compost peel
<b>Side dish/ Dessert</b>	Cookie in a reusable bag	Eat the cookie; reuse the bag
<b>Drink</b>	Juice in a reusable bottle	Drink juice; reuse bottle

## Wednesday

Purpose	What to bring and how to bring it	What to do with it when I'm done
Carry my lunch		
Main dish		
Fruit/Vegetable		
Side dish/ Dessert		
Drink		

## Thursday

Purpose	What to bring and how to bring it	What to do with it when I'm done
Carry my lunch		
Main dish		
Fruit/Vegetable		
Side dish/ Dessert		
Drink		

## Friday

Purpose	What to bring and how to bring it	What to do with it when I'm done
Carry my lunch		
Main dish		
Fruit/Vegetable		
Side dish/ Dessert		
Drink		