

My 2-Week Toddler Lunch Adventure

A real-life lunch rotation for moms and kids



How to use it

- 1 Mom picks ten lunches from the blog or the lunch picker on page 4.
- 2 Your child circles a helper job, chooses a sticker, or colors a face after lunch.
- 3 Repeat what worked. Cross out what did not. No perfect lunch boxes required.

Our easy lunch formula

MAIN

Pasta, quesadilla, pancakes, rice, pinwheels, leftovers

SIDE

Fruit, cucumber, peas, corn, applesauce, yogurt

EXTRA

Crackers, dry cereal, mini muffin, cheese, dip

Before we plan

Week 1 starts:

Week 2 starts:

Three foods my child already likes:

Daycare or preschool notes:

Kid choice corner

Circle or check one job to help with today:

☐ Pick the lunch bag

☐ Add the napkin

☐ Choose a sticker

☐ Add the ice pack

Week 1 Lunch Plan

Mom plans it. Kid checks it. Everyone moves on.



This week starts:

Our easiest repeat lunch:

DAY	MAIN	SIDE	EXTRA	PACKED	KID CHECK
MON  color me				☐ done	   ☐ ☐ ☐ check one
TUE  color me				☐ done	   ☐ ☐ ☐ check one
WED  color me				☐ done	   ☐ ☐ ☐ check one
THU  color me				☐ done	   ☐ ☐ ☐ check one
FRI  color me				☐ done	   ☐ ☐ ☐ check one

Friday fridge check

Pack again next week:

Skip next time:

Week 2 Lunch Plan

Mom plans it. Kid checks it. Everyone moves on.



This week starts:

Our easiest repeat lunch:

DAY	MAIN	SIDE	EXTRA	PACKED	KID CHECK
MON  color me				☐ done	   ☐ ☐ ☐ check one
TUE  color me				☐ done	   ☐ ☐ ☐ check one
WED  color me				☐ done	   ☐ ☐ ☐ check one
THU  color me				☐ done	   ☐ ☐ ☐ check one
FRI  color me				☐ done	   ☐ ☐ ☐ check one

Friday fridge check

Pack again next week:

Skip next time:

Kid Lunch Picker

Circle on paper or check the boxes together.



1. Pick a main

☐ Pasta

☐ Quesadilla

☐ Pinwheels

☐ Pancakes or waffles

☐ Crackers + cheese

☐ Family leftovers

2. Pick a side

☐ Fruit

☐ Cucumber

☐ Peas or corn

☐ Applesauce

☐ Yogurt

3. Pick an extra

☐ Crackers

☐ Dry cereal

☐ Mini muffin

☐ Cheese

☐ Small dip

After lunch: what came home?

Kid check:



☐ Loved it



☐ It was okay



☐ No thanks

Mom's quick note:

Tiny lunchbox notes - cut on the dotted lines

You helped pack!



Lunchbox high five!



Thanks for choosing!



We can try again.

