

easy  
**lunch ideas**  
to make at home

*Make half your plate fruits and vegetables!*

- 1. Chicken Noodle Soup**  
shredded carrots in soup  
apple and cheese slices  
milk
- 2. Macaroni and Cheese**  
green peas  
peach and pear slices  
milk
- 3. Beef or Bean Burrito**  
lettuce and chopped tomatoes  
applesauce  
milk
- 4. Spaghetti with Tomato & Meat Sauce**  
steamed broccoli  
mandarin oranges  
milk
- 5. Chicken and Cheese Quesadilla**  
chopped tomatoes  
fruit salad  
milk



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