



Recipes with Ingredients Breakdown

Work & School Lunches Meal Plan

by \$5 Dinners

10 Freezer-Friendly or Make-Ahead Lunch Recipes with Shopping List

Freezer-Friendly Bean & Cheese Burritos
Freezer-Friendly Corndog Muffins
Freezer-Friendly Pepperoni Pizza Muffins
Freezer-Friendly Hawaiian Meatloaf Muffins
BLT Sandwiches with Parmesan Mayo

Freezer-Friendly Pancakes Bites
Freezer-Friendly Blueberry Muffins
Freezer-Friendly French Toast Sticks
Turkey & Swiss Wraps
No-Bake Energy Bites

5 Make-Ahead Recipes for Mason Jar Salad Recipes

Tex Mex Mason Jar Salad
Caprese Spinach Mason Jar Salad
Tropical Chicken Mason Jar Salad

Apple-Walnut Mason Jar Salad
Cobb Mason Jar Salad

Lunch Packing Tips & Tricks

Getting Your Kids to Pack Their Own Lunches Video

link: vimeo.com/mitchidol/kids-packing-lunch password: 5dollardinner

Mason Jar Salad Cooking Demo Video

link: vimeo.com/mitchidol/mason-jar-salads password: 5dollardinner

List of "Reasonably" Priced Convenience Foods from Costco

Weekly Meal Planner (separate file)

Lunch Meal Planner (separate file)

Ideas for School Lunchboxes (separate file)



Recipes with Ingredients Breakdown

Freezer-Friendly Bean & Cheese Burritos

Yield – 8 tacos

Preparation Time – 5 minutes • Cooking Time – 5 minutes

Ingredients

- 8 burrito-size size whole wheat flour tortillas
- 15 oz. can refried beans or 2 cups [homemade refried beans](#)
- 2 cups shredded sharp cheddar cheese

Directions

1. Lay tortillas flat and spread about 1/4 cup of refried beans down the midline of each tortilla. Sprinkle about 1/4 cup shredded sharp cheddar cheese on top of each. Roll up.
2. Heat in the microwave or toaster oven to melt the cheese.
3. Serve Bean and Cheese Burritos.

Additional Instructions and Modifications

Make-Ahead Instructions: Make double batch to freeze extras for lunchboxes.

To Freeze: Let cool completely before adding to plastic freezer baggie or container.

To Thaw: Place desired number of burritos in the fridge overnight.

To Reheat: Add desired number of burritos and reheat in the microwave on defrost, or regular strength depending on how thawed they are before reheating.

Gluten Free Modification: Use GF tortillas.

Whole30 or Paleo Modifications: This recipe cannot be easily modified for Paleo/Whole30 diet.

Suggestions for Lunchbox Packing: Reheat and send 2 burritos in a Thermos to eat warm.



Recipes with Ingredients Breakdown

Freezer-Friendly Pancakes Bites

Yield – 24 mini-muffins or pancake bites

Preparation Time – 10 minutes • Cooking Time – up to 15 minutes

Ingredients

- 2 cups all-purpose flour
- 2 tsp baking powder
- 2 Tbsp sugar
- ½ tsp salt
- 2 eggs
- 2 tsp vanilla
- 1 cup milk
- 6 Tbsp butter, melted
- 1 to 1 ¼ cup fresh blueberries
- Syrup

Instructions

1. Preheat oven to 375 F and spray mini-muffin pan with non-stick cooking spray.
2. In a large mixing bowl or stand mixer, combine the flour, baking powder, sugar and salt. Add the egg, vanilla, milk, and melted butter, and whisk until batter forms. Gently fold in the blueberries.
3. Add the batter to the mini-muffin pan and bake for 12 to 14 minutes, or until golden on top.
4. Serve Blueberry Pancakes Bites with syrup.

Additional Instructions and Modifications

Make-Ahead Instructions: Make double batch to freeze for lunchboxes.

To Freeze: Let cool completely before adding to plastic freezer baggie or container.

To Thaw: Place desired number of pancake bites in the fridge overnight.

To Reheat: Add desired number of pancake bites and reheat in the microwave on defrost, or regular strength depending on how thawed they are before reheating.

Gluten Free Modification: Use GF flour blend.

Whole30 or Paleo Modifications: This recipe cannot be easily modified for Paleo/Whole30 diet.

Suggestions for Lunchbox Packing: Send partially thawed in lunchbox and they will come to room temperature by lunch time. Or reheat and send a few pancake bites in a Thermos to eat warm. Send a small container with tight lid with syrup.



Recipes with Ingredients Breakdown

Freezer-Friendly Corndog Muffins

Yield – 24 muffins

Preparation Time – 15 minutes • Cooking Time – up to 18 minutes

Ingredients

- 4 hot dogs, each one cut into 6 pieces
- 1 ½ cups white flour
- 1 ½ cups yellow cornmeal
- 2 tsp salt
- 1 Tbsp baking powder
- 2 tsp baking soda
- 2 Tbsp white sugar
- ¼ cup cooking oil, such as canola or vegetable
- ½ cup applesauce
- 2 eggs
- 2 ½ cups milk

Directions

1. Preheat the oven to 400 F and spray 24 muffin tin cups with non-stick cooking spray.
2. Prepare the cornbread batter by whisking together all the dry ingredients. Stir in the wet ingredients and let the batter sit for 10 minutes.
3. Drop a spoonful of batter into each muffin tin, then add a hot dog piece, then fill the muffin cup with more batter.
4. If you want to make mini muffins, fill the cup half full, then press the hot dog piece into the middle of the batter, leaving some of the hot dog showing on the top.
5. Bake in the preheated oven for 16 to 18 minutes, or until cornbread is cooked through in the center.
6. Serve Corndog Muffins with condiments of choice.

Additional Instructions and Modifications

Make-Ahead Instructions: Make double batch to freeze for lunchboxes.

To Freeze: Let cool completely before adding to plastic freezer baggie or container.

To Thaw: Place desired number of muffins in the fridge overnight.

To Reheat: Add desired number of muffins and reheat in the microwave on defrost, or regular strength depending on how thawed they are before reheating.

Gluten Free Modification: Use GF flour blend.

Whole30 or Paleo Modifications: This recipe cannot be easily modified for Paleo/Whole30 diet.

Suggestions for Lunchbox Packing: Send partially thawed in lunchbox and they will come to room temperature by lunch time. Or reheat and send a few muffins in a Thermos to eat warm.



Recipes with Ingredients Breakdown

Freezer-Friendly Blueberry Muffins

Yield – 12 muffins

Preparation Time – 15 minutes • Cooking Time – 22 minutes

Ingredients

- 2 ½ cups all-purpose flour plus 1 Tbsp (for dusting blueberries)
- 1 Tbsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon
- 1 tsp salt
- ½ cup butter, melted
- 1 cup sugar
- 2 large eggs
- 1 cup plain sour cream
- 2 Tbsp milk
- 1 tsp vanilla
- 1 tsp lemon zest
- 1 1/2 cups fresh blueberries

Directions

1. Preheat oven to 425 F and spray 12 muffin tins with non-stick cooking spray.
2. In a stand mixer or large mixing bowl, combine the flour (minus the Tbsp for blueberry dusting), baking powder, baking soda, cinnamon and salt. Then mix in the melted butter, sugar, eggs, sour cream, milk and vanilla. Mix until batter forms. Gently fold in the lemon zest.
3. In a small bowl, toss the fresh blueberries with 1 Tbsp flour. This will help keep them from falling to the bottom of each muffin in the batter. Gently fold in the blueberries and spoon batter into each muffin tin.
4. Bake in the preheated oven for 15 to 20 minutes, or until golden.

Alternative recipe for the fall/winter: [Pumpkin Chocolate Chip Muffins](#)

Additional Instructions and Modifications

Make-Ahead Instructions: Make double batch to freeze for lunchboxes.

To Freeze: Let come to room temperature and then place into plastic freezer baggie.

To Thaw: Place desired number of muffins in the fridge overnight.

To Reheat: Add desired number of muffins and reheat in the microwave on defrost, or regular strength depending on how thawed they are before reheating.

Gluten Free Modification: Use GF flour blend.

Whole30 or Paleo Modifications: This recipe cannot be easily modified for Paleo/Whole30 diet.

Suggestions for Lunchbox Packing: Send partially thawed in lunchbox and they will come to room temperature by lunch time. Or reheat and send a few muffins in a Thermos to eat warm.



Recipes with Ingredients Breakdown

Freezer-Friendly Pepperoni Pizza Muffins

Yield – 24 pizza muffins

Preparation Time – 15 minutes • Cooking Time – 15 minutes

Ingredients

- 1 can refrigerated pizza dough
- 1/2 cup pizza sauce
- 24 pepperoni
- 2 cups shredded mozzarella or Italian cheese blend
- **Optional toppings:** bell peppers, sausage, mini pepperonis, chopped mushrooms

Directions

1. Preheat oven to 425 F and spray 24 muffin cups with non-stick cooking spray.
2. Roll the pizza dough into thin layer on floured surface. Use cookie cutter to cut dough into circle that will fit into the bottom of the muffin tin wells. Press the dough into the muffin tins. Place pepperoni on the dough, then add about 1 tsp pizza sauce. Then add pinchful of shredded cheese into each well. Add any additional toppings.
3. Bake in the preheated oven for 12 to 15 minutes, until dough begins to golden and cheese is bubbling.
4. Serve Pepperoni Pizza Muffins with extra pizza sauce for dipping, if desired.

Additional Instructions and Modifications

Make-Ahead Instructions: Make double batch to freeze for lunchboxes.

To Freeze: Let come to room temperature and then place into plastic freezer baggie.

To Thaw: Place desired number of pizza muffins in the fridge overnight.

To Reheat: Add desired number of pizza muffins and reheat in the microwave on defrost, or regular strength depending on how thawed they are before reheating.

Gluten Free Modification: Use GF pizza crust.

Whole30 or Paleo Modifications: This recipe cannot be easily modified for Paleo/Whole30 diet.

Suggestions for Lunchbox Packing: Send partially thawed in lunchbox and they will come to room temperature by lunch time. Or reheat and send a few muffins in a Thermos to eat warm.



Recipes with Ingredients Breakdown

Freezer-Friendly French Toast Sticks

Yield – 36 French toast sticks

Preparation Time – 5 minutes • Cooking Time – 15 minutes

Ingredients

- 12 slices whole wheat sandwich bread
- 4 eggs
- 1/2 cup milk
- 2 Tbsp brown sugar
- 1 tsp cinnamon
- Syrup and butter, for serving

Directions

1. In a medium mixing bowl, whisk together the eggs, milk, brown sugar and cinnamon until smooth.
2. Dip each side of the bread and cook on a hot, greased griddle or skillet. Flip after 1 – 2 minutes.
3. Once all are cooked, slice each bread into 3 slices.
4. Serve French Toast Sticks with butter and syrup.

Alternative recipe for the fall/winter: [Pumpkin Pie French Toast recipe](#)

Additional Instructions and Modifications

Make-Ahead Instructions: Make double batch to freeze for lunchboxes.

To Freeze: Let come to room temperature, slice each bread into 3 slices with a pizza cutter, and then place into plastic freezer baggie and place flat into the freezer.

To Thaw: Place desired number of French toast sticks in the fridge overnight.

To Reheat: Add desired number of French toast sticks and reheat in the microwave on defrost, or regular strength depending on how thawed they are before reheating.

Gluten Free Modification: Use GF sandwich bread.

Whole30 or Paleo Modifications: This recipe cannot be easily modified for Paleo/Whole30 diet.

Suggestions for Lunchbox Packing: Send partially thawed in lunchbox and they will come to room temperature by lunch time. Or reheat and send a few sticks in a Thermos to eat warm. Send a small container with tight lid with syrup.



Recipes with Ingredients Breakdown

Freezer-Friendly Hawaiian Meatloaf Muffins

Yield – 24 muffins

Preparation Time – 10-15 minutes • Cooking Time – 30-35 minutes

Ingredients

- 2 lbs. ground beef
- 2 eggs
- 20 oz. can crushed pineapple, drained well (reserve the juice)
- 1 cup bread crumbs
- 1 1/2 tsp salt
- 1/2 tsp pepper
- **Sauce:** 1/2 cup pineapple juice, 2/3 cup ketchup, 2/3 cup brown sugar

Directions

1. Preheat oven to 375 F.
2. In a large mixing bowl, combine the ground beef, eggs, drained crushed pineapple, bread crumbs, salt and pepper. Add mixture to 24 muffin tins.
3. Bake in the preheated oven for 20 minutes.
4. Meanwhile, whisk together 1/2 cup of the reserved pineapple juice with the ketchup and brown sugar. After 20 minutes cook time, pour the sauce over the top of each cup and bake for another 10-15 minutes or until cooked through.
5. Serve Hawaiian Meatloaf Muffins with veggies, fruit and crackers.

Additional Instructions and Modifications

Make-Ahead Instructions: Make batch of meatloaf muffins on weekend to send the following week in work and school lunchboxes.

To Freeze: Let come to room temperature and then place into plastic freezer baggie and place flat into the freezer.

To Thaw: Place desired number of meatloaf muffins in the fridge overnight.

To Reheat: Add desired number of meatloaf muffins and reheat in the microwave on defrost, or regular strength depending on how thawed they are before reheating.

Gluten Free Modification: Use GF bread crumbs.

Whole30 or Paleo Modifications: Use coconut flour as binder, in place of breadcrumbs & eggs.

Suggestions for Lunchbox Packing: Reheat at home and send in Thermos.



Recipes with Ingredients Breakdown

Turkey & Swiss Wraps

Yield – 4 wraps

Preparation Time – 15 minutes • Cooking Time – 0 minutes

Ingredients

- 4 large tortillas
- 8 slices turkey
- 8 slices Swiss cheese
- 4 pinchfuls baby spinach leaves
- 4 Tbsp Dijon mustard or Ranch dressing or preferred condiment

Additional Instructions and Modifications

Make-Ahead Instructions: *These wraps are best made fresh.*

Gluten Free & Whole30/Paleo Modifications: *Serve as BLT Salad.*

Suggestions for Lunchbox Packing: *Place wraps in lunchbox containers with ice pack.*

Directions

1. To each of the tortillas, add 2 slices turkey, 2 slices cheese, a pinchful of baby spinach leaves, dollop of mustard/Ranch or preferred condiment.
2. Roll up the wraps and place into plastic baggie so they fit snugly, or until plastic container with toothpick to keep the wrap together in the lunchbox.
3. Serve Turkey & Swiss Wraps with fresh fruit and crackers.



Recipes with Ingredients Breakdown

BLT Sandwiches with Parmesan Mayo

Yield – 4 sandwiches

Preparation Time – 15 minutes • Cooking Time – 10 minutes

Ingredients

- 8 slices bacon
- 8 slices whole wheat bread
- 1 large tomato, sliced
- 4 lettuce leaves
- 1/2 cup mayo
- 1/4 cup Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper

Additional Instructions and Modifications

Make-Ahead Instructions: Make the bacon ahead of time and keep in the fridge for a few days or the freezer in plastic container or baggie. Reheat in microwave or oven before adding to sandwich.

Gluten Free & Whole30/Paleo Modifications: Serve as BLT Salad.

Suggestions for Lunchbox Packing: Place lettuce and tomato in plastic baggie to keep the bread from getting soggy. You can add a dollop of the Parmesan Mayo to a tiny plastic container, or spread it between 2 pieces of lettuce in the plastic baggie.

Directions

1. Cook the bacon in the oven, or in a skillet.
2. Slice the tomatoes and cut the lettuce to size of the rolls, if necessary.
3. In a small mixing bowl, stir together the mayo, Parmesan cheese, garlic powder, onion powder, salt and pepper.
4. Spread the Parmesan mayo onto one slice of bread, then add the bacon, lettuce and tomato.
5. Serve BLT Sandwiches with Parmesan Mayo.



Recipes with Ingredients Breakdown

No-Bake Energy Bites

Yield – about 20 energy bites

Preparation Time – 10 minutes • Chill Time – 1 hour

Ingredients

- 1 1/2 cups quick cooking oats
- 2/3 cup peanut butter (any nut butter will do)
- 1/3 cup honey
- 1 cup shredded coconut flakes
- 1/4 teaspoon ground cinnamon
- about 3/4 cup mini chocolate chips

Additional Instructions and Modifications

Make-Ahead Instructions: Make ahead and keep in the fridge in a sealed container.

Gluten Free Modification: Use certified GF quick cooking oats.

Suggestions for Lunchbox Packing: Place into small serving container with lid and add to lunchbox with ice pack.

Directions

1. Add the oats to a bowl. Add the peanut butter, honey, coconut flakes and cinnamon and stir together. Then add the mini chocolate chips.
2. Chill in the fridge for about an hour. Then form into bite-size balls.
3. Serve chilled or room temperature.



Shopping List for 10 Lunch Recipes

Bean Burritos

8 burrito-size size whole wheat flour tortillas
15 oz. can refried beans
2 cups shredded sharp cheddar cheese

Pancakes Bites

2 cups all-purpose flour
2 tsp baking powder
2 Tbsp sugar
2 eggs
2 tsp vanilla
1 cup milk
6 Tbsp butter, melted
1 to 1 1/4 cup fresh blueberries
Syrup

Corndog Muffins

4 hot dogs
1 1/2 cups white flour
1 1/2 cups yellow cornmeal
1 Tbsp baking powder
2 tsp baking soda
2 Tbsp white sugar
1/4 cup canola or vegetable oil
1/2 cup applesauce
2 eggs
2 1/2 cups milk

Blueberry Muffins

2 1/2 cups all-purpose flour plus
1 Tbsp
1 Tbsp baking powder
1/2 tsp baking soda
1/2 tsp cinnamon
1/2 cup butter
1 cup sugar
2 large eggs
1 cup plain sour cream
2 Tbsp milk
1 tsp vanilla
1 tsp lemon zest
1 1/2 cups fresh blueberries

Pepperoni Pizza Muffins

1 can refrigerated pizza dough
1/2 cup pizza sauce
24 pepperoni
2 cups shredded mozzarella or Italian cheese blend
Optional toppings: bell peppers, sausage, mini pepperonis, chopped mushrooms

French Toast Sticks

12 slices whole wheat sandwich bread
4 eggs
1/2 cup milk
2 Tbsp brown sugar
1 tsp cinnamon
Syrup

Hawaiian Meatloaf Muffins

2 lbs. ground beef
2 eggs
20 oz. can crushed pineapple
1 cup bread crumbs
2/3 cup ketchup
2/3 cup brown sugar

Turkey & Swiss Wraps

4 large tortillas
8 slices turkey
8 slices Swiss cheese
4 pinchfuls baby spinach leaves
4 Tbsp Dijon mustard or Ranch dressing or preferred condiment

BLT Sandwiches or BLT Salad

8 slices bacon
8 slices whole wheat bread
1 large tomato
4 lettuce leaves
1/2 cup mayo
1/4 cup Parmesan cheese
1/2 tsp garlic powder
1/2 tsp onion powder

New Energy Bites Recipe

1 1/2 cups quick cooking oats
2/3 cup peanut butter (any nut butter will do)
1/3 cup honey
1 cup shredded coconut flakes
1/4 teaspoon ground cinnamon
about 3/4 cup mini chocolate chips



Recipes with Ingredients Breakdown

5 Make-Ahead Mason Jar Salad Recipes

Tex Mex Mason Jar Salad

- 1 cup balsamic or cilantro vinaigrette dressing
 - 2 avocados, diced
 - Juice from 1 lime
 - 15 oz. can black beans, drained and rinsed
 - 15 oz. can corn, drained and rinsed
 - 1 small red onion, chopped
 - 1 pint grape tomatoes
 - 16 oz. box spinach
 - 4 quart size mason jars
1. (Toss the avocado pieces in the lime juice to help prevent browning from oxidation.)
 2. Divide the ingredients into 4 portions and add to the quart-size mason jars in the order listed.
 3. Seal tightly with mason jar lid and refrigerate up to 1 week.
 4. When ready to serve, shake up all the ingredients and eat it out of the jar, or toss all ingredients together in large bowl and serve.

Apple-Walnut Mason Jar Salad

- 1 cup balsamic vinaigrette dressing
 - 2 granny smith apples, cored and sliced
 - Juice from 1 lemon
 - 2 celery stalks, chopped
 - 1 ½ cups chopped walnuts
 - 16 oz. box mixed baby greens
 - 4 quart size mason jars
1. (Toss the apple slices in the lemon juice to help prevent browning from oxidation.)
 2. Divide the ingredients into 4 portions and add to the quart-size mason jars in the order listed.
 3. Seal tightly with mason jar lid and refrigerate up to 1 week.
 4. When ready to serve, shake up all the ingredients and eat it out of the jar, or toss all ingredients together in large bowl and serve.

Caprese Spinach Mason Jar Salad

- 1 ½ cups balsamic vinaigrette
 - 2 cups mozzarella cubes
 - 1 pint grape or cherry tomatoes
 - 2 cups whole wheat small shell pasta, cooked
 - 16 oz. box baby spinach
 - 4 quart size mason jars
1. Divide the ingredients into 4 portions and add to the quart-size mason jars in the order listed.
 2. Seal tightly with mason jar lid and refrigerate up to 1 week.
 3. When ready to serve, shake up all the ingredients and eat it out of the jar, or toss all ingredients together in large bowl and serve.



Recipes with Ingredients Breakdown

5 Make-Ahead Mason Jar Salad Recipes

Cobb Mason Jar Salad

- 1 cup Ranch dressing
 - 2 cups cooked/grilled chicken breast
 - 1 pint grape or cherry tomatoes
 - 4 eggs, hard-boiled
 - 4 slices bacon, cooked and crumbled
 - 8 oz. bag Romaine or chopped Iceberg lettuce
 - Blue cheese crumbles, optional
 - 4 quart size mason jars
1. Divide the ingredients into 4 portions and add to the quart-size mason jar in the order listed.
 2. Seal tightly with mason jar lid and refrigerate up to 1 week.
 3. When ready to serve, shake up all the ingredients and eat it out of the jar, or toss all ingredients together in large bowl and serve.

Tropical Chicken Mason Jar Salad

- 1 cup sweet vinaigrette, i.e. raspberry vinaigrette
 - 1 small red onion, finely chopped
 - 2 avocados, diced
 - Juice from 1 lime
 - 2 mangos, seeded and diced (or 20 oz. can pineapple chunks, well drained)
 - 2 cups cooked/grilled chicken breast
 - 16 oz. box mixed baby greens
 - Goat cheese crumbles, optional
 - 4 quart size mason jars
1. (Toss the avocado pieces in the lime juice to help prevent browning from oxidation.)
 2. Divide the ingredients into 4 portions and add to the quart-size mason jar in the order listed.
 3. Seal tightly with mason jar lid and refrigerate up to 1 week.
 4. When ready to serve, shake up all the ingredients and eat it out of the jar, or toss all ingredients together in large bowl and serve.



Lunch Packing Tips & Tricks

Simplify the lunch packing process by implementing one (or more) of these plans or systems.

1. Create [Lunch Packing Drawers, Baskets and/or Stations](#).

- a. Set up box or basket for lunchboxes.
- b. Set up basket with 'dry' snacks, like granola bars, crackers, and chips.
- c. Set up plastic box in the fridge for 'cold' snacks, like snack bags with baby carrots, grapes, berries, etc.

2. Make a Plan.

- a. See our [31 Days of School Lunchbox Ideas](#) for inspiration.
- b. Use the printable planners from the meal plan to get it all on paper.

3. 1 Hour Lunch Prep Block.

- a. Block out 1 hour.
- b. Bake what you can in 1 hour - muffins, quiche, quick breads.
- c. Wash and chop veggies and fruit.
- d. Preload your lunchboxes.
- e. Prepack your dry and cold snack bags.
- f. Cook your meats in the slow cooker overnight on Sunday, so they are ready to go Monday morning to use throughout the week.
 - i. [Ranchero Chicken](#) - serve chilled with nacho fixings, or warm in thermos with rice.
 - ii. [BBQ Chicken](#) - serve warm in thermos.

4. Get the Kids Involved.

- a. Have the kids help load crackers or chips into bags or boxes.
- b. Load their own boxes with fruit.
- c. Make their own 'freezable PBJs.'



List of "Reasonably" Priced Convenience Foods from Costco

Convenience lunch and snack food can get expensive quickly, but when balanced with making your own, buying convenience won't bust your budget each week. Below is a list of 'reasonably' priced convenience foods you can buy in bulk from Costco.

- English Muffins, 24 ct
- Whole wheat sandwich bread, 2 loaves
- Organic Spinach & Cheese Ravioli, 2 packs
- Mini Chipotle Chicken Tacos, 32 ct
- Single-serve Hummus Packs, 16 ct
- Pre-made Chicken Tortilla Soup, 2 quarts
- Kirkland Signature Torta Sandwich Rolls, 12 ct
- La Brea Bakery Naan Bread, 12 pk
- Nabisco belVita Breakfast Biscuits, 25 ct
- Nature's Path Pumpkin Flax Granola, 35.3 oz
- Kellogg's Nutri-Grain Cereal Bar Variety, 48 ct
- Quaker Chewy Granola Bars Variety Pack, 60 ct
- Annie's Organic Fruit Snacks, 36 ct
- Clif Kids Organic ZBar Variety, 24 pk 1.27 oz bars
- Clif Kids ZFruit Rope Variety Pack, 24 ct
- Fiber One Oats & Chocolate Chewy Bars, 36 ct
- GoGo Squeez Applesauce, 20 ct 3.2 oz cups
- Kashi Chewy Granola Bars, 35 ct 1.2 oz bars
- Nature Valley Sweet & Salty Nut Granola Bars, 48 ct
- SunChips Variety Pack, 30 ct
- Chobani Greek Yogurt Variety Pack, 15 ct 6 oz cups
- Dannon Danimals Smoothie Variety Pack, 36/ 3.1 oz
- Mini Babybel Cheese, 32 ct, 0.75 oz
- Hillshire Farm Deli Select Ultra Thin Turkey Breast, 3 ct 12 oz packages
- Don Miguel Chicken Taquitos, 72 ct
- Kellogg's Eggo Homestyle Waffles, 72 ct