

HONEST BODY SCHOOL LUNCH MENU #1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Large #1: Leftover Bacon Wrapped meatloaf (Pg. 168 Grain-Free Family Table)</p> <p>Large #2: Celery w/ nutbutter & raisins</p> <p>Small #1: Fruit snacks (Pg. 238 Grain-Free Family Table)</p> <p>Small #2: Cultured Pickles</p>	<p>Large #1: Lettuce wraps w/ sandwich meat & cheese</p> <p>Large #2: Cherry tomatoes with homemade ranch</p> <p>Small #1: Grain-free Raspberry Muffins</p> <p>Small #2: Yogurt & berries</p>	<p>Large #1: Yogurt & pears</p> <p>Large #2: Grain-free "Cheez-its" (Pg. 244 Heal Your Gut)</p> <p>Small #1: Veggies with ranch</p> <p>Small #2: Tunafish patties (Pg. 136 Everyday Paleo)</p>	<p>Thermos + Large #1: Honest Body Tomato soup</p> <p>Large #2: Nutbutter Bread</p> <p>Small #1: Jerky or meat sticks</p> <p>Small #2: Monty jack cheese</p>	<p>Large #1: Deviled eggs</p> <p>Large #2: Cheese</p> <p>Small #1: Pear slices</p> <p>Small #2: Ants-on-a-log (Celery spread with peanut butter & raisins)</p>

This menu is designed for the [Bentology Lunch](#) system, which has two large containers and two small containers.

It can be adapted to any hard sided lunch containers.

Menu can be adapted to include daily soup, foods for your particular stage of GAPS, dairy-free, etc.