



Grab and Go Lunch Entrée Ideas

- Peanut butter/Sunbutter & jelly sandwich
- Sliced meat and cheese sandwiches (possible grain options include: sliced bread, buns, hoagie buns, bagels, and croissants)
- Bagel with turkey sausage round
- Yogurt and muffin or mini loaf with a cheese stick
- Breakfast burritos: egg, cheese, and meat in a tortilla
- Bento box with hardboiled egg, cheese, and crackers
- Taco salad: taco meat, lettuce, black beans, corn, salsa, and tortilla chips
- Fruit, yogurt, and granola parfait
- Nacho pack: tortilla chips, cheddar cheese sauce cup/shredded cheese, salsa, black beans
- Turkey or ham and cheese wrap
- Egg and cheese Chef Salad
- Crispy chicken wrap: crispy chicken tenders, cheddar cheese, shredded cabbage or lettuce in a tortilla with ranch dressing
- Chicken Caesar Salad: romaine, garlic chicken, tomatoes, parmesan cheese, and Caesar dressing
- Asian Chicken Wrap: seasoned chicken, cabbage, and shredded carrots in a tortilla with Asian style dressing
- Build your own pizza – shredded mozzarella, pizza sauce, and flatbread/pita bread/mini rounds
- Protein boxes: crackers, fruit, sunflower seeds, and string cheese or hardboiled egg
- Egg salad sandwich on a croissant

This list is not all encompassing and has a variety of ideas for grab and go lunch entrées. All meals offered during this emergency feeding period must meet the Summer Food Service Program [meal pattern requirements](#) and include milk, fruit and/or vegetable with the entrée. Contact the School Nutrition Unit at emergencyfeeding@cde.state.co.us with menu planning questions.