

wellness
THAT FITS

School Lunch Guide & Meal Planner



EASY, KID- &
DIETITIAN-APPROVED

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All About

Hi! I'm Cassie, a Registered Dietitian, and I absolutely love to meal plan and transform my grocery cart into delicious, nutritious meals and snacks! I am passionate about translating science into practical strategies you can apply to your busy life.



Nutrition can fuel your goals!

I help busy moms overcome exhaustion with holistic nutrition, meal prep, and wellness routines--so they can be energized, productive, and fully present for what matters most.

You have enough to juggle in your life. Let me help you with your and your family's nutrition. My job is to make it easy for you to figure out which foods will make you feel your best and nourish your family.

My goal is to provide you with strategies to help you become confident in your food choices and create a flexible and sustainable meal planning system that works for you and your family.

Micronutrient Deficiencies in Children

The micronutrients that are deficient in kids' diets are found in food sources like leafy greens, whole grains, nuts, seeds, and fruits and veggies. This guide will help you plan school lunches to include these micronutrients.

Food Categories



Protein



Carbs/Grains



Veggies



Fruit

The school lunch ideas in this guide contain each of the food categories listed.

Lunch Containers & Meal Prep Tools

If you're interested in using my compartmentalized lunch containers, stainless steel sauce containers, or anything else useful in my meal prep, click the link below.

[Click here to see my "Wellness That Fits, LLC - Meal Prep" list on Amazon](#) and for the links to purchase.

School Lunch Food Categories

Go through this list of foods with your kids to get a feel for what they like and what they'd be willing to try. Use the blank rows to add your own.

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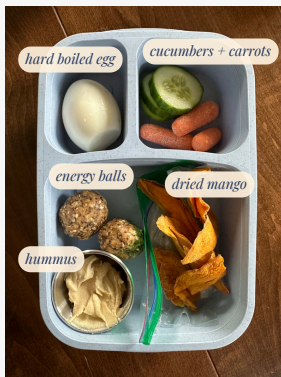
School Lunch Meal Planner

Use this template to plan your child's lunches for the week!

	Protein	Grain/Carb	Veggie	Fruit
Sample	Greek yogurt	Tortilla chips	Hummus + baby carrots	Blueberries
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

School Lunch Ideas

Here are ideas in compartmentalized containers to help visualize and brainstorm! Notice a ziplock bag beneath some food items; I would normally put these items in a bag. In order to see the food better, I placed the food on top of the bag.



School Lunch Ideas



School Lunch Ideas



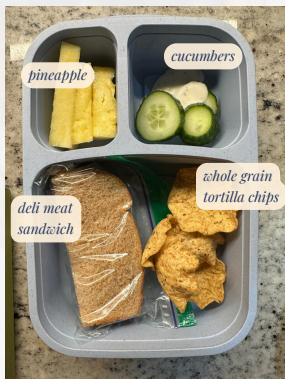
School Lunch Ideas



School Lunch Ideas



School Lunch Ideas





Pumpkin chia pudding



Yield: 1/3 cup

Servings: 1

Serving size: 1/3 cup

INGREDIENTS

- 2 Tbsp pumpkin puree
- 2 Tbsp almond milk
- 1 Tbsp chia seeds
- 1 tsp honey
- 1 dash cinnamon

DIRECTIONS

Mix all ingredients in a dish.

Note: pudding will thicken as it sits in the fridge. Add a little more liquid if it is too thick for your liking.



High protein pumpkin waffles



Yield: 6 large circular waffles, 1 inch thick

Servings: 24 servings

Serving size: 1 quarter waffle

INGREDIENTS

- 4 cups Kodiak Power Cakes mix
- 3 cups water
- 1, 15 oz can pumpkin puree
- 1/4 cup olive oil

Cinnamon honey butter



Yield: 1 1/2 cups

Servings: 24 servings

Serving size: 1 Tbsp

INGREDIENTS

- 2 sticks butter, softened
- 1/4 cup olive oil
- 2 Tbsp honey
- 2 tsp cinnamon

DIRECTIONS

Mix all ingredients together and make waffles in a waffle iron. Once cooled, quarter the waffles and wrap in plastic wrap or foil and seal in a freezer bag.

Note: This recipe makes a big batch. You can batch make these waffles on a slow Saturday morning to feed the family breakfast and have leftovers to freeze for lunches or snacks.

DIRECTIONS

Mix all ingredients together with a whisk or immersion blender. Store in the fridge for up to 1 month.

Application

Waffles, pancakes, toast, muffins, banana bread, any baked good



Healthy Kid Sprinkles



Yield: 1 cup

Servings: 16 servings

Serving size: 1 Tbsp

INGREDIENTS

- ½ cup hemp hearts (shelled hemp seeds)
- ¼ cup chia seeds
- ¼ cup sesame seeds
- 2 Tbsp dye-free sprinkles

DIRECTIONS

Put all ingredients in a sprinkle shaker and shake to mix. Store in an airtight container for up to 3 months (or in the fridge for up to 1 year to extend shelf life).

Note: Consider using a plastic sprinkle container or something that is table-friendly for kid use so they can sprinkle this on their own food.

Application

Enjoy in pancakes, cookies, cupcakes, over oatmeal, yogurt, peanut butter toast, and even on salads!

Note: Adults can use these fun healthy sprinkles, too! Omit the sprinkles and you can use on salads, yogurt bowls, grain bowls, oatmeal, in baked goods, avocado toast, and peanut butter toast.



Pumpkin chia chip pancakes



Yield: 12 pancakes

Servings: 4 servings

Serving size: 3, 4" pancakes

INGREDIENTS

- 2 cups Kodiak Power Cakes pancake mix (or other high protein brand)
- 1.5 cups water (follow directions on package)
- $\frac{3}{4}$ cup pumpkin puree, canned
- 2 Tbsp chia seeds
- $\frac{1}{4}$ cup dark chocolate chips (or semi-sweet mini chocolate chips)

DIRECTIONS

1. Mix all ingredients in a large bowl. Follow pancake package directions for water amount.
2. Make pancakes as you normally would in a pan or on a griddle.



Orange Yogurt



Yield: 5 oz

Servings: 1 serving

Serving size: 5 oz (~1/2 cup)

INGREDIENTS

- 4 oz yogurt or Greek yogurt
- 2 Tbsp pumpkin puree
- Sprinkles (dye-free), optional

DIRECTIONS

Mix the yogurt and pumpkin puree until well blended. Add dye-free sprinkles if desired.



Energy balls



Yield: 48

Servings: 24 servings

Serving size: 2 balls

INGREDIENTS

- 1/2 c chia seeds (ground or whole)
- 3/4 c hemp seeds
- 1/2 c sesame seeds (ground or whole)
- 1 1/2 c mini semi sweet chocolate chips
- 1 c quick rolled oats
- 1/2 c honey
- 1/2 tsp salt
- 1 Tbsp cinnamon
- 2 Tbsp cocoa powder (100% cacao)
- 1 1/4 cup of your favorite nut butter
- ~1/4 cup dye-free sprinkles

DIRECTIONS

1. Mix well in bowl or stand mixer. If mix is too crumbly, add more nut butter or 1-2 Tbsp of water.
2. Spray palms with pan spray to make rolling into balls easier. Use a 1 inch cookie scoop for the perfect bite-size ball.
3. Keep in sealed airtight container for up to 2 weeks in the fridge. Makes ~48 balls (1 inch diameter).



Energy balls

white chocolate

coconut



Yield: 48

Servings: 24 servings

Serving size: 2 balls

INGREDIENTS

- 3 cups quick oats
- 1 cup ground flaxseed
- 1 cup ground chia seed
- $\frac{3}{4}$ cup ground sesame seed
- $\frac{1}{4}$ cup dye-free sprinkles
- 1 pkg (12 oz) white chocolate chips
- 2 cups unsweetened coconut flakes
- $\frac{1}{3}$ cup Monk fruit sweetener
- 1.5 - 2 cups peanut butter

DIRECTIONS

1. Mix well in bowl or stand mixer. If mix is too crumbly, add more nut butter or 1-2 Tbsp of water.
2. Spray palms with pan spray to make rolling into balls easier. Use a 1 inch cookie scoop for the perfect bite-size ball.
3. Keep in sealed airtight container for up to 2 weeks in the fridge. Makes ~48 balls (1 inch diameter).



Tuna chickpea salad



Yield: 2 cups

Servings: 8 servings

Serving size: 1/4 cup

INGREDIENTS

- 1 can chickpeas (garbanzo beans), rinsed and drained
- 1 can tuna packed in water, drained
- 1/4 cup avocado mayo
- 1 Tbsp dijon mustard
- 1/4 tsp turmeric
- Salt and pepper to taste

DIRECTIONS

1. Pulse chickpeas in a food processor or blender until they are a chopped consistency (do not puree them).
2. Add tuna and pulsed chickpeas to a bowl. Add mayo, mustard, turmeric, and salt and pepper to taste. Mix well.
3. Enjoy with flackers, crackers, veggies, or on a sandwich!



Kale Protein Egg Bites



Yield: 12 egg bites

Servings: 12

Serving size: 1 egg bite

INGREDIENTS

- 2 tsp olive oil
- 2 cups finely chopped kale leaves, ribs removed (can sub any dark leafy green)
- 8 large eggs
- 1 cup cottage cheese
- ½ tsp salt
- ¼ tsp black pepper
- 1/2 cup fresh basil, chopped finely
- ½ cup pecorino romano cheese, grated (or cheddar cheese)

DIRECTIONS

1. Preheat oven to 350 F and line muffin tin with parchment paper liners. Or, spray a silicone muffin pan with pan spray. Set aside.
2. In a medium pan on medium heat, sauté kale in 2 tsp olive oil for 1-2 min, or until slightly softened.
3. In a blender or food processor, add eggs, cottage cheese, salt and pepper. Blend until smooth.
4. Stir chopped basil into the egg mixture
5. Pour egg mixture into prepared muffin pan. Sprinkle each with sautéed kale and a sprinkle of cheese.
6. Bake for 20-25 minutes or until toothpick inserted in the middle of the egg bites comes out clean.
7. Remove from the oven, let cool for a few minutes, and use a spatula to carefully remove them from the muffin pan. Enjoy!

Note: Make in a mini muffin silicone pan or tin for the littles to enjoy bite-sized portions!



Cocotini Cookies

(no bake)



Yield: 12 egg bites

Servings: 12

Serving size: 1 egg bite

INGREDIENTS

- 2/3 cup tahini
- 3/4 cup cocoa powder (special dark or dutched cocoa preferred)
- 1 cup coconut oil
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 2 tsp cinnamon
- 1 tsp sea salt
- 3 1/2 cup rolled oats
- 1/4 cup ground flax
- 2 Tbsp hemp seeds
- 1/2 cup sesame seeds, ~1 Tbsp more for garnish

DIRECTIONS

1. Line a baking sheet with wax paper.
2. In a large bowl, place the tahini, cocoa powder, coconut oil, maple syrup, vanilla extract, cinnamon and salt. Microwave 20–30 seconds, then stir until fully combined.
3. Stir in the oats, flax, hemp, and sesame seeds.
4. Use a 3 Tbsp size cookie scoop to portion out the mixture onto the lined baking sheet. Gently flatten each heap to form a patty. Top with sesame seeds.
5. Freeze for 20 minutes.
6. Store refrigerated or frozen. Use wax paper to layer the cookies in an airtight container. Keep refrigerated as close as possible to serving.