

Dr. Brown Approved Sack Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée Options:					
Build-Your-Own Pizza					
Deli Meat					
- Turkey					
- Chicken					
- Roast Beef					
- Beef Salami					
- Turkey Pepperonis					
Meat/Cheese Roll-Up					
Paleo Sandwich or Wrap:					
- Deli Meat					
- Beef Salami					
- Chicken Salad					
- Tuna Salad					
- Egg Salad					
- Turkey BLT					
- Nut Butter					
Turkey Bacon					
Hot Dogs					
Boiled Eggs					
Leftovers in Thermos					
Side Options:					
Veggies with Paleo Ranch or Hummus					
Cucumbers with Vinegar					
Celery with Nut Butter					
Sheep Yogurt					
Chips					
- Sweet Potato					
- Cassava Tortilla Chips					
- Plantain Chips					
Gluten-free Crackers					
Fruit (with nut butter if desired)					
Paleo Muffins					