



As the beginning of school creeps closer and closer, your to-do list seems to grow longer and longer! In order to help you with your growing responsibilities, we've compiled a few tools for you to use to take care of your stress. Included in this Back to School Bash kit, you will find printable lunch notes to brighten your child's day, a checklist to help you get organized for the school year, and a 1 week sample of our new lunch menu complete with a shopping list to make planning lunches a breeze!

- Back to School Checklist
- Lunch Notes
- Healthy Lunch Menu for One Week



- Adjust waking and bed times before school starts
- Check your children's bus schedule
- Check out after school activity opportunities
- Meet with school nurse on any important medical information about your child
- Label all school items
- Mark your calendar with all important school dates and activities
- Prepare a special spot for forms and items that come home for parental review
- Make sure backpacks are purchased and packed the night before
- Review and complete school supply list
- Purchase extra school supplies for the items you know your children will use later and plan to shop on tax-free days
- Create a homework center in your home
- Review school dress code with your child and make a list of back to school clothing needed
- Discuss with your child lunch choices and post school lunch schedule ([Learn more about our lunch plans here](#))
- Compile all contact information for parents that can pick up your child in case of emergency and re-view with your child
- Familiarize yourself with the school website along with the school's policy for checking out your child
- Make sure you have a weekly scheduler
- Keep extra change handy in your child's backpack to make sure there is always lunch money available
- Talk with your child about daily school schedule in advance to eliminate stress
- Have nutritious snacks on hand for after school
- Make sure your child has all the required immunizations
- Schedule a medical exam if your child requires one for school sports



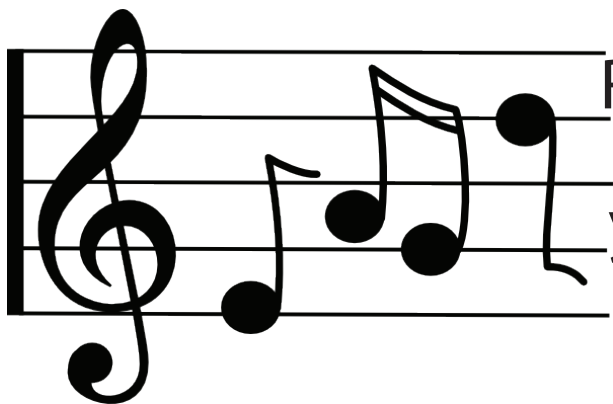
Printable Lunch Notes



It's a'pear'ant how
cool you are!

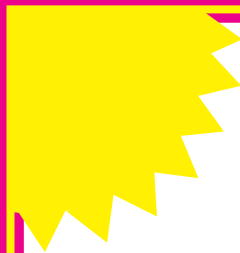


'Orange' you glad
it's Friday?



Rock
out
your
test!

So Proud
of YOU!



You are my
SUNSHINE!



Hope you have a
'peach' of a day!



You are just
'plum' perfect!



You're the sprinkles
to my cupcake

Give it your
BEST!

Praying for
you today!

5 -Day Lunch Menu Any-Store

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
Meal 1 TURKEY PINWHEELS <i>Grapes, Baby Carrots & Rice Cakes</i>	¼ c tub-style light cream cheese ½ c salsa 4 whole wheat flour tortilla 12 oz thinly sliced deli turkey 4 slices cheddar cheese 4 lettuce leaves (Toothpicks) <hr/> 2 c seedless grapes 2 c baby carrots <i>Rice cakes</i>	In a small bowl, combine cream cheese & salsa. Spread evenly onto tortillas, leaving a ½" border around edges. Place turkey slices, cheese slices & lettuce leaves on top of each tortilla. Roll tightly. Cut each wrap into 1" pieces crosswise. Use toothpicks to secure. <i>Pack with grapes, baby carrots, and rice cakes.</i>
Meal 2 PEANUT BUTTER BAGEL SANDWICH <i>Strawberries & Celery Sticks</i>	4 whole wheat bagels, split ½ c peanut or almond butter 2 medium bananas, sliced ¼ c raisins <hr/> 8 oz strawberries, halved <i>Celery sticks</i>	Spread 1 T of peanut butter on each bagel half. Top four bottom halves with banana slices and raisins. Top with other bagel halves. <i>Clean and half strawberries. Cut celery into 2-3" sticks. Pack with sandwich.</i>
Meal 3 MEXICAN ROLL-UPS <i>Tortilla Chips, Cherry Tomatoes & Grapes</i>	15.5 oz can black beans, drained and rinsed (1 T lime juice) (1 t cumin) (Salt and pepper to taste) 4 whole wheat flour tortillas ½ c salsa ½ c shredded Mexi-blend cheese ½ c shredded lettuce-optional <hr/> <i>Tortilla chips</i> <i>Cherry tomatoes</i> 2 c seedless grapes	Place beans, lime juice, cumin, salt & pepper in a small bowl. Mash with a fork or potato masher. Spread bean mixture onto tortillas, leaving ½" border around edges. Add salsa, cheese & lettuce. Roll tightly. <i>Pack with tortilla chips, cherry tomatoes & grapes.</i>
Meal 4 Make Ahead! Freezable! PIZZA MINI MUFFINS <i>Veggie Sticks with Dip & Sliced Pears</i>	10.75 oz can condensed tomato soup (¾ c water) 1 c shredded mozzarella cheese ½ c chopped turkey pepperoni (1 T dried minced onion) (1 t Italian seasoning) 3 c all-purpose baking mix (Cooking spray) <hr/> <i>Ranch dressing</i> 2 med pears, sliced (Lemon juice) 2 c broccoli florets, cut into bite-sized pieces 2 c baby carrots	Preheat oven to 350°. Combine tomato soup, water, cheese, pepperoni, onion & seasoning in a large bowl. Add baking mix & stir until moistened (will be lumpy). In a sprayed mini muffin pan, divide batter evenly among 14 mini muffin cups. Bake 17-20 min. Cool 5 min & remove muffins from pan. Cool completely. If desired, wrap tightly in plastic wrap. Freeze up to 1 month. Thaw at room temp or microwave 30 sec. <i>Place Ranch dressing in a small container. Cut pears into slices and sprinkle with lemon juice. Pack broccoli, carrots, Ranch dressing and pear slices with muffins.</i>
Meal 5 TURKEY BAGEL SANDWICHES <i>Strawberries, Cherry Tomatoes & Rice Cakes</i>	(¼ c mayonnaise) (¼ c Dijon mustard) 4 whole wheat bagels, split 12 oz thinly sliced deli turkey 4 slices cheddar cheese 4 lettuce leaves <hr/> 8 oz strawberries, halved <i>Cherry tomatoes</i> <i>Rice cakes</i>	In a small bowl, stir together mayonnaise & mustard. Spread on bagels. Place turkey, cheese slices & lettuce leaves on bagels. <i>Clean & halve strawberries. Pack strawberries, cherry tomatoes & rice cakes with sandwich.</i>
Bonus Packable Dessert! CHOCOLATE CHIP WHOLE WHEAT BANANA BREAD	(1¼ c all-purpose flour) (½ c whole wheat flour) (1½ t baking soda) (¼ t salt) (½ c sugar) (¼ c vegetable oil) 1 egg 1 c mashed banana (1 t vanilla extract) 12 oz bag mini chocolate chips (Cooking spray)	Preheat oven to 350°. Whisk together both flours, baking soda & salt in small bowl. Combine sugar & oil in med bowl, & beat at med speed with electric mixer until smooth. Add egg & beat until light in color. Add flour mixture alternately with banana, blend well after each addition. Stir in vanilla and chocolate chips. Pour into greased 8x4x2" loaf pan, and bake 40-50 minutes, or until toothpick comes out clean. Cool completely before slicing.

(Staples are in parenthesis)



5 - Day Lunch Menu Any-Store

**To eliminate a particular meal, cross out each grocery item with that corresponding meal number.*

MEAL #	X	GROCERY ITEM	D = Desert Item	OTHER ITEMS I NEED:		X
_____	X	DELI / BAKERY / BREAD		Wal-Mart Price:	Publix Price:	
1,3		Pkg whole wheat tortillas or wraps				
1,5		1.5 lbs thinly sliced deli turkey				
2,5		2 (6-count) pkg whole wheat bagels				
_____	X	PRODUCE				
1,3,5		Head lettuce				
1,3		1 lb seedless grapes				
1,4		32 oz bag baby carrots				
2,D		6 medium bananas				
2,5		16 oz container strawberries				
2		Pkg celery				
3,5		2 (1 pint) containers cherry tomatoes				
4		2 medium pears				
4		1 bunch broccoli				
_____	X	MEATS				
4		6 oz pkg turkey pepperoni				
_____	X	DAIRY / REFRIG				
1		8 oz container tub-style light cream cheese				
1,5		8 oz pkg sliced cheddar cheese				
3		8 oz bag shredded Mexi-blend cheese				
4		8 oz bag shredded mozzarella cheese				
_____	X	CANNED / BOTTLED / PACKAGED				
1,3		Jar favorite salsa				
1,5		4.5 oz pkg rice cakes				
2		18 oz jar peanut or almond butter				
2		12 oz box raisins				
3		15.5 oz can black beans				
3		Bag tortilla chips				
4		10.75 oz can condensed tomato soup				
4		20 oz box all-purpose baking mix, Bisquick®				
D		12 oz bag mini chocolate chips				

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STAPLES NEEDED FOR EACH MEAL:

MEAL 1

Toothpicks

MEAL 2

MEAL 3

Lime juice
Cumin
Salt
Pepper

MEAL 4

Dried minced onion
Italian seasoning
Ranch dressing
Lemon juice

MEAL 5

¼ c mayonnaise
¼ c Dijon mustard

DESSERT

1¼ c all-purpose flour
½ c whole wheat flour
Baking soda
Salt
½ c granulated sugar
¼ c vegetable oil
1 egg
Vanilla extract
Cooking spray



Who We Are

eMeals is a comprehensive meal planning resource that helps provide healthy and delicious meals for busy families and individuals. Endorsed by financial guru Dave Ramsey and highlighted in the Oprah Winfrey blog, the eMeals weekly dinner and/or lunch plans include grocery shopping lists and recipe instructions that are simple and easy to follow.

For as low as \$5 per month, eMeals will take the guesswork out of dinner and help save your time and money, achieve your health objectives and spend more time with your family and friends over a variety of home-cooked meals.

**Each
plan
includes**



7 dinner meals
and side dishes



simple delicious
healthy recipes



organized
shopping list



grocery store
savings



peace
of mind

Learn more now!

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