

BENTO BOX LUNCH

coming soon to a Reach classroom near you!

We believe school lunch can be both appealing and healthy. We're on a mission to provide delicious and kid-friendly foods to delight kids and give them the nutrition they need to learn and play at their best.

Sustainability is at the heart of what we do: lunches will be served in reusable stainless steel containers, and we'll source as much as we can from fresh foods on the island.



Menus will change daily to introduce a variety of food to kids, but are anchored by the main protein course and bread. We'll have fruits and vegetables daily so we can expose kids to healthy foods consistently, as well as treats to keep them excited about what's for lunch.



the bento MENU

MAIN

MEANT TO BE EATEN AT ROOM TEMPERATURE

- Cheese sandwich
- Sunbutter and jelly sandwich
- Meatballs & marinara dip
- DIY Nachos
- Chickpea flour pancake
- Quesadillas
- Cooked fish sushi roll / onigiri
- Chicken on a stick
- Panko chicken thighs
- Saltfish or chicken fritters
- Pizza bread / pinwheels
- Pesto pasta salad
- Mini Waffles & chicken sausage

FRUIT & VEG

LOCAL & SEASONAL WHENEVER POSSIBLE

- Veggie sticks with yogurt dip or hummus
- Corn fritters
- Breadfruit
- Cherry tomatoes and cucumber
- Carrot salad
- Edamame or green beans
- Pickles or cornichons
- Apple slices
- Pineapple
- Guava
- Kiwi
- Mango
- Watermelon
- Citrus

BREAD

DAILY CARB FOR EASY ENERGY

- Biscuit
- Butter roll
- Corn bread
- Focaccia
- Sourdough
- Breadsticks
- Soft pretzel bites

SIDES & TREATS

BALANCE LUNCH WITH SWEET OR SALTY SIDES

- Cheese squares
- Crackers and hummus
- Seaweed snacks
- Banana or vegetable chips
- Freeze dried fruit
- Fruit leather
- Nut-free granola
- Yogurt with berries
- Oatmeal cookie
- Berry pancake bites
- Banana bread
- Chocolate energy balls
- Yogurt covered pretzels

a sample WEEK

Edamame	Plantain chips	Bread roll
Apple slices & kiwi		Panko chicken

Corn fritter	Cheese cubes	Biscuit
Pineapple		Pesto pasta salad

Fried breadfruit	Oatmeal cookie	Focaccia
Sliced citrus		Chicken quesadillas

Apple slices	Dried mango	Corn bread
Veggie sticks with yogurt dip		Saltfish fritters

Green beans	Mini chocolate chip cookie	Bread roll
Banana & kiwi		Pizza pinwheels

