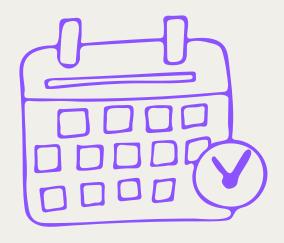
### BENTO BOX LUNCH

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 kidfriendly 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

**FRUIT & VEG** 

**BREAD** 

**SIDES & TREATS** 

#### 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

#### 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

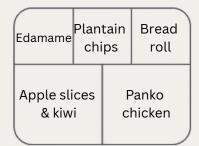
#### DAILY CARB FOR EASY ENERGY

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

### 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



Corn fritter	Cheese cubes		Biscuit
Pineapple		Pesto pasta salad	

	Fried eadfruit		meal okie	Focaccia
SI	Sliced citrus		Chicken quesadillas	

Apple slices	Dri	ed	Corn
	ma	ngo	bread
Veggie s with yogurt	ı	Saltfish fritters	

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

