

# Love the leftovers!



Repurpose those leftover cooked meats, beans, pastas and vegetables into tasty school lunches. Here are some budget-friendly, creative ideas to use up your leftovers and pack a few healthy school lunches.

Leftover  
pasta

## Pasta salad



Toss any kind of leftover pasta with your child's choice of vegetables, meats or cheese then add a dressing. Lunch in a snap!

- ♦ Main: tortellini, tomato sauce, cheese and chicken
- ♦ Pineapple pieces & Chopped cucumbers and tomatoes

## Rice burrito bowl

Leftover  
rice & veg



A hearty and protein packed lunch that you can easily tweak and change up. Just layer leftover rice, beans, veg and salsa and voila!

- ♦ Main: rice, beans, roasted sweet potato & salsa. Add a squeeze of lemon or lime for some zing!
- ♦ Grapes & trail mix with seeds

Leftover  
meat

## Hearty salad



For a filling and nutrient-dense salad, use leftover cooked meat, add in any chopped veg (raw or cooked) and cheese.

- ♦ Main: chicken, cheese, peppers, cucumber and hardboiled egg. Ranch dressing on the side
- ♦ Apricots & mini whole wheat crackers

## Build your own taco

Leftover  
beans & meat



Use any sort of leftover seasoned meat (chicken, steak, pork, beef) as the base for everyone's favorite—tacos!

- ♦ Main: ground beef, beans, olives, sour cream, cherry tomatoes, peppers, tortilla
- ♦ Strawberries