

Grab & Go Picnic Food

● **dips & spreads** :: ranch*, peanut butter*, salsa*, guacamole*, jam*, pimento cheese, hummus, easy barbecue dipping sauce*

● **fruit & veg** :: apples, clementines, pineapple, grapes, watermelon, carrot sticks, sweet bell pepper slices, cherry tomatoes, celery

● **charcuterie** :: Italian meat, cheese sticks/slices, assorted nuts, dried fruit, olives, pickles, jerky, fresh bread

● **snack food** :: pretzels, rice cakes, tortilla chips, crackers, fruit & veg pouches, chips, veggie straws

Make-Ahead || Easy Prep

● tuna salad*
● sweet broccoli salad*
● fruity couscous salad (C)
● Pepperoni Margherita Pasta Salad (C)
● peanut butter & jelly sandwiches
● deli sandwiches
● green smoothies
● hard boiled eggs
● Simple Summer Pasta Salad*

● yogurt parfaits

● **salad bar** :: lettuce, grated carrots, cherry tomatoes, cucumbers, nuts, sunflower seeds, croutones, olives, dried/fresh fruit, cheese, bacon crumbles, eggs, shredded chicken

Prep Ahead

Sheetpan Sausage & Root Veg*
Baked/Mashed Potato Bar
Fried Rice*
Barbecue Sandwiches*
French Dips*
Lentil Sloppy Joes*
Baked Spaghetti
Burrito Rice Bowl

From the Freezer

Potstickers
Chicken Nuggets
Black Bean Burgers
Chicken Pot Pie*
Soup (w/ bread or sandwiches)



Quick & Easy

IP Ramen Noodles* & egg rolls
IP Garlic Orzo w/ Bacon & Greens*
Quesadillas w/ Chips & Salsa*
Salad Bar
Sheetpan Nachos*
Taco Chicken Nachos (C)
Breakfast for dinner
Smoothies & popcorn
Easy Tortilla Pizzas*
Charcuterie Board
Hot dogs & Applesauce
Skillet Tortellini Bake*
Instant Pot Mac'n'Cheese*
