





What You'll Find in Your Box:

- 1lb bread loaf
- 1lb poi
- 28oz jar peanut butter
- 7oz can tuna
- 4lb watermelon
- 1lb bananas
- 2 papayas
- 2oz. dried fruit
- 2lb raw veggie bag
- 4 32oz. shelf-stable milk
- 1 bottle salad dressing
- 1 granola bar or bag
- 1 mayo

You'll have some leftovers if you follow our recipes exactly, so you can increase the portions as needed, or save some for snacks!

How to Make 'Em Prep Hacks:

-  Prepare tuna salad by mixing the drained can of tuna with 3 tablespoons mayo; season with a pinch of salt and pepper if keiki likes; per-meal serving will be 5 heaping Tablespoons
-  Peel and slice raw veggies or cut into sticks or fun shapes that keiki will love
-  Slice watermelons into 8 portions and cut papayas in half (and scoop out seeds), then wrap in plastic to keep fresh
-  Keep bananas together in a brown bag to ensure quick ripening, so they're extra sweet!

Menu Plan

**Make your box last for 7 days
of breakfasts and lunches!**

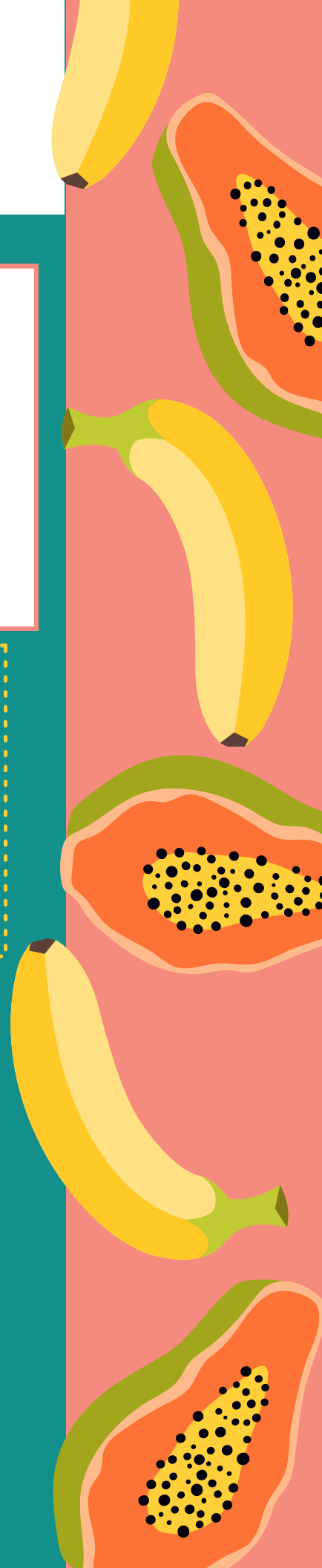
DAY
1

BREAKFAST: Poipaya Boat

1 C Milk, 1/2 papaya w/ 1/2 C poi and 1 oz granola (or 1/2 granola bar) sprinkled on top

LUNCH: Peanut Butter Sandwich

1 C Milk, Peanut Butter Sandwich (2 slices bread with 6 Tbsp peanut butter), 1 slice watermelon, 4 oz. veggies (approx. 1/2 C) with 2 Tbsp dressing to dip



DAY
2

BREAKFAST: Peanut Banana Toast

1 C Milk, 1 slice toast with 4 Tbsp peanut butter spread onto it, with 1 banana chopped on top (approx. 1/2 C)

LUNCH: Tuna Salad Sandwich

1 C Milk, Tuna Sandwich (2 slices bread with 4 Tbsp tuna and 1 Tbsp mayo), 1 slice watermelon, 4 oz. veggies (approx. 1/2 C) with 2 Tbsp dressing to dip

DAY
3

BREAKFAST: Poi Fruit Salad Bowl

1 C Milk, 1/2 papaya & 1/2 slice watermelon chopped, over 1/2 C poi

LUNCH: Peanut Butter Sandwich

Follow Day 1 Lunch

DAY
4

BREAKFAST: Peanut Banana Toast

Follow Day 2 Breakfast

LUNCH: Tuna Salad Toast

1 C Milk, Tuna Toast (1 slice of bread toasted with 4 Tbsp tuna and 1 Tbsp mayo), dried fruit bag, 4 oz. veggies (approx. 1/2 C) with 2 Tbsp dressing to dip

DAY
5

BREAKFAST: Poipaya Boat

LUNCH: Peanut Butter Sandwich

Follow Day 1 Menu

DAY
6

BREAKFAST: Peanut Banana Toast

LUNCH: Tuna Salad Sandwich

Follow Day 2 Menu

DAY
7

BREAKFAST: Poi Fruit Salad Bowl

LUNCH: Peanut Butter Sandwich

Follow Day 3 Menu

FUN FACT: Much of your box contents are made here on Kaua'i! Locally sourced produce is usually more nutritious than imported because it fully ripens here on island and develops all of its vitamins and minerals.







What You'll Find in Your Box:

- 1lb bread loaf
- 1lb poi
- 1 pack tortillas
- 7oz can tuna
- 12oz can chicken
- 4lb watermelon
- 1lb bananas
- 2 papayas
- 2oz. dried fruit
- 2lb raw veggie bag
- 4 32oz. shelf-stable milk
- 1 bottle salad dressing
- 1 granola bar or bag
- 1 mustard

You'll have some leftovers if you follow our recipes exactly, so you can increase the portions as needed, or save some for snacks!

How to Make 'Em Prep Hacks:

-  Prepare tuna salad by mixing the drained can of tuna with 3 tablespoons mayo; season with a pinch of salt and pepper if keiki likes; per-meal serving will be 5 heaping Tablespoons
-  Peel and slice raw veggies or cut into sticks or fun shapes that keiki will love
-  Slice watermelons into 8 equal portions and cut papayas in half (and scoop out seeds), then wrap in plastic to keep fresh
-  Keep bananas together in a brown bag to ensure quick ripening, so they're extra sweet!

Menu Plan

*Make your box last for 7 days
of breakfasts and lunches!*

DAY
1

BREAKFAST: Poipaya Boat & Toast

1 C Milk, 1 slice toast, 1/2 papaya with 1/2 C poi and 1 oz granola (or 1/2 granola bar) sprinkled on top

LUNCH: Chicken Dijonaise Toastie

1 C Milk, Toastie Sandwich (2 slices toasted bread, filling: 6 Tbsp drained chicken, 1 Tbsp mayo, and 1 Tbsp mustard - mixed), 1 slice watermelon, 4 oz. veggies (approx. 1/2 C) with 2 Tbsp dressing to dip

DAY
2

BREAKFAST: Banana Toast

1 C Milk, 1 slice toast with 1/2 C mashed banana on top

LUNCH: Tuna Salad Sandwich

1 C Milk, Tuna Sandwich (2 slices bread with 4 Tbsp tuna and 1 Tbsp mayo), 1 slice watermelon, 4 oz. veggies (approx. 1/2 C) with 2 Tbsp dressing to dip

DAY
3

BREAKFAST: Poi Fruit Salad Bowl

1 C Milk, 1/2 papaya & 1/2 slice watermelon chopped, over 1/2 C poi

LUNCH: Chicken Dijonaise Wrap

Follow Day 1 Lunch, but use tortilla instead of bread

DAY
4

BREAKFAST: Toast & Watermelon

1 C Milk, 1 slice toast, and 1 slice watermelon

LUNCH: Tuna Salad Sandwich

Follow Day 2 Lunch

DAY
5

BREAKFAST: Poipaya Boat & Toast (See Day 1)

LUNCH: Chicken Dijonaise Wrap

Follow Day 1 Menu, but use tortilla instead of bread

DAY
6

BREAKFAST: Banana Toast

LUNCH: Tuna Salad Sandwich

Follow Day 2 Menu

DAY
7

BREAKFAST: Poi Fruit Salad Bowl (See Day 3)

LUNCH: Chicken Dijonaise Toastie

Follow Day 1 Lunch, but swap in dried fruit pack for the watermelon

Food Access Resources, including how to sign up for SNAP/EBT and school meals, a listing of food pantries islandwide, and how to get 50% off of local produce and poi with DA BUX on our food hub (KauaiLocalFood.com) can be found at MalamaKauai.org

