

**THE ULTIMATE  
BACK-TO-SCHOOL  
PLANNER  
FOR MOMS**



# FALL BUCKET LIST

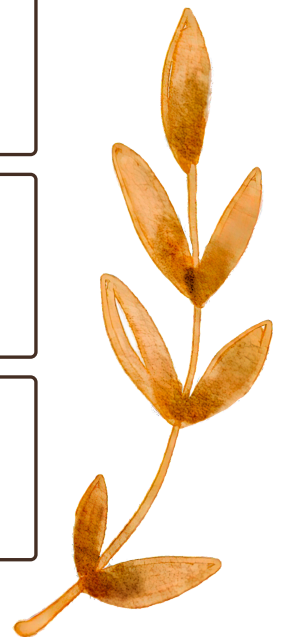
- Watch football
- Carve a pumpkin
- Have a bonfire
- Drink apple cider
- Go on a hayride
- Watch a parade
- Bake an apple or pumpkin pie
- Collect fall leaves
- Share what you're thankful for
- Roast pumpkin seeds
- Take a treat to a neighbor
- Roast hot dogs over a fire
- Dress up for Halloween
- Watch a spooky movie
- Go to a corn maze
- Burn a fall-scented candle
- Go apple picking
- Jump in a pile of leaves
- Eat outside
- Take a walk outside
- Wear a cozy sweater
- Make a fall craft
- Mail a thank you card or letter
- Take a scenic drive
- Visit a pumpkin patch
- Make a pinecone bird feeder
- Drink hot chocolate
- Eat candy corn
- Draw leaves
- Make soup





# MENU PLANNER

S	Breakfast:	Lunch:	Dinner:
m	Breakfast:	Lunch:	Dinner:
t	Breakfast:	Lunch:	Dinner:
w	Breakfast:	Lunch:	Dinner:
t	Breakfast:	Lunch:	Dinner:
f	Breakfast:	Lunch:	Dinner:
S	Breakfast:	Lunch:	Dinner:





# GROCERY LIST

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# DINNER IDEAS

## SOUP

- Carrot
- Potato
- Broccoli cheddar
- Chili
- Taco soup
- Chicken noodle
- French onion

## GRILL

- Fajitas
- Salmon
- Kabobs
- Burgers
- Hot dogs
- Grilled chicken

## PASTA

- Spaghetti
- Baked ziti
- Ravioli
- Fettuccine alfredo
- Lasagna
- Stuffed shells
- Baked feta

## BREAKFAST

- Pancakes
- Waffles
- Potato/egg skillet
- Crêpes
- Biscuits and sausage gravy
- Breakfast burritos
- Quiche

## SALAD

- Chicken Caesar
- Taco salad
- BLT
- Buffalo chicken
- Cobb
- Greek
- Bean

## BAKE

- Baked potatoes
- Meatloaf
- Chicken & biscuits
- Calzones
- Pizza
- A casserole
- Ham







# SIDE IDEAS

## VEGETABLES

- Broccoli
- Squash
- Green beans
- Roasted mix
- Peas
- Baked corn
- Raw veggies with dip

## BREADS

- Biscuits
- Bread
- Dinner rolls
- Garlic bread
- Cheddar biscuits
- Cornbread
- Muffins

## SALADS

- Taco salad
- Caesar salad
- Southwest
- Cobb
- Fruit
- Caprese
- Bean

## PASTA/GRAIN

- Macaroni & cheese
- Couscous
- Rice
- Noodles
- Pasta salad
- Stuffing
- Rice-a-Roni

## POTATOES

- Fries
- Mashed
- Scalloped
- Baked
- Roasted
- Hash browns

## OTHER

- Chips & salsa
- Guacamole
- Fruit
- Veggies & hummus
- Egg rolls
- Baked beans











# SNACK IDEAS

## VEGETABLES

- Carrots
- Cucumbers
- Peppers
- Avocado & toast
- Broccoli
- Tomatoes
- Snap peas

## CRACKERS/COOKIES

- Cheese & crackers
- Graham crackers
- Energy balls
- Peanut butter crackers

## FRUIT

- Applesauce
- Grapes
- Berries
- Melons
- Bananas/apples with peanut butter
- Dried fruit
- Fruit salad

## DIP

- Hummus
- Salsa
- Guacamole
- Ranch
- Peanut butter

## OTHER

- Cereal
- Granola bar
- Mixed nuts
- Chex mix
- Rice cakes
- Pretzels
- Raisins

## OTHER

- Veggie straws
- Lunch meat
- Muffins
- Popcorn
- Smoothie
- Oatmeal
- Pickles





# ROUTINES

## Morning:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## Afternoon:

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## Evening:

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- \_\_\_\_\_





# SCHOOL CHECKLIST



**LIBRARY BOOKS**

Day: \_\_\_\_\_



**SNEAKERS**

Day: \_\_\_\_\_



**BACKPACK**



**LUNCH**



**WATER BOTTLE**



**JACKET**



# LUNCH BOX IDEAS

## SANDWICHES/WRAPPS

- Turkey and cheese
- Lunch meat & cheese kabobs
- Peanut butter & jelly
- Spicy Italian on a sub roll
- BLT
- Ham and cheese
- Tuna
- Chicken caesar wrap
- Chicken burrito
- PB&J skewers
- Hummus & veggie wrap
- Chicken bacon ranch wrap
- Chicken, egg, or ham salad on a croissant or pita
- Mini sandwiches on Hawaiian rolls
- Cheesy roll-ups
- Deli pinwheels
- Cobb salad sub
- Cucumber and cream cheese
- Chicken tender wrap
- Pretzel roll sliders
- Beef, chicken, or cheese taquito
- Tomato & Mozzarella on Focaccia or a baguette

## NON-SANDWICHES

- Soft pretzel
- Hard boiled egg
- Chips & bean dip
- Meat, cheese, & crackers
- Bagel or English muffin
- Caesar, Cobb, or taco salad
- Red bean bun
- Pasta salad
- Caprese salad or skewers
- Rotisserie chicken
- Grilled chicken salad
- Bean salad
- Burrito or burrito bowl
- Bean, chicken, or cheese quesadilla
- Yogurt parfait
- Naan bread
- Pancakes, waffles, or french toast
- Chicken tenders
- Make-your-own pizza lunchables
- Chicken or tuna salad with crackers
- Nachos
- Muffins
- Pesto pasta
- Pizza rolls
- Cereal
- Chicken bacon ranch pasta
- Overnight oats
- Chicken Caesar pasta salad

# LUNCH BOX IDEAS

## FRUITS

- Strawberries
- Blueberries
- Kiwi
- Mango
- Watermelon
- Cantaloupe
- Cherries
- Honeydew
- Mandarin oranges
- Apples
- Applesauce
- Fruit salad
- Dried fruit (mangos, apricots, pineapple, etc.)
- Peach or nectarine
- Orange
- Grapes
- Raspberries
- Blackberries
- Pineapple
- Pear
- Plum
- Raisins or craisins
- Banana or apple chips
- Clementine

## VEGETABLES

- Carrots
- Cucumbers
- Peppers or snack peppers
- Side salad
- Snap peas
- Edamame
- Cherry tomatoes
- Caprese salad
- Broccoli
- Cauliflower
- Celery
- Mexican street corn





# LUNCH BOX IDEAS

## SNACKS

- Granola or fruit bar
- Energy balls
- Roasted chick peas
- Popcorners
- Sunchips
- Pita chips
- Goldfish crackers
- Pretzels
- Cottage cheese
- Cheese stick
- Yogurt
- Nuts
- Jello
- Pudding
- Pickles/olives
- Cheese cubes
- Crackers
- Beef stick
- Cookies
- Chips and salsa
- Chex mix
- Popcorn
- Sunflower seeds
- Veggie straws

## CONDIMENTS

- Ketchup
- Mustard/Honey mustard
- Mayonnaise
- Ranch dressing
- French onion dip
- Hummus
- Salsa
- Pesto
- Soy sauce
- Salad dressing
- Black bean dip
- Syrup
- Nutella
- Peanut butter





# PRAYERS FOR KIDS

**1. Praise God that He is always with your kids, wherever they go.**

Verse: Zephaniah 3:17

Song: [Mighty to Save](#)



**2. Praise God that your kids are fearfully and wonderfully made. Pray that your kids would understand their true worth: That they were created special and unique by God Himself.**

Verse: Psalm 139:14

Song: [Wonderful](#)



**3. Pray that your kids will have peace in God even when they face trouble.**

Verse: John 16:33.

Song: [Take Heart](#)



**4. Pray that they would be able to discern between right and wrong, and to hold fast to what is good and true.**

Verse: Romans 12:9-10

Song: [Genuine](#)



**5. Ask God to help your children cast their cares on the Lord, and not to feel anxious about anything.**

Verse: Philippians 4:6-7

Song: [Do not be Anxious](#)







# PRAYERS FOR KIDS

**6. Ask God to give your kids supernatural protection throughout their school day.**

Verse: Psalm 26:1-2

Song: [Refuge and Strength](#)



**7. Pray that your kids would trust in God rather than in their own strength.**

Verse: Proverbs 3:5-6

Song: [Trust in the Lord](#)



**8. Ask God to give your kids wisdom.**

Verse: James 1:5

Song: [Let him ask God](#)



**9. Ask God to help your kids walk in God's ways.**

Verse: Psalm 128:1

Song: [Walk in His Ways](#)



**10. Pray that your kids would put their faith in God alone.**

Verse: Hebrews 11:1 & 6

Song: [Faith](#)





# PRAYERS FOR KIDS

**11. Pray that your kids would be kind and compassionate, and for their friends and teachers to be kind and compassionate toward them as well.**

Verse: Deuteronomy 6:5

Song: [Deuteronomy 6:5](#)



**12. Pray that your kids would learn to love God more and more each day.**

Verse: Proverbs 3:5-6

Song: [Trust in the Lord](#)



**13. Pray for your kids' friends, and that God will also bring new uplifting and encouraging friendships into their lives.**

Verse: Ecclesiastes 4:9-10a

Song: [Two are better than one](#)



**14. Pray that your kids will be strong and courageous.**

Verse: Joshua 1:9

Song: [Be Strong and Courageous](#)



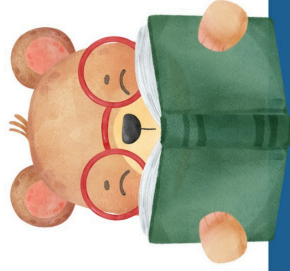
**15. Ask God to teach your kids to love others the same way God loves them.**

Verse: 1 John 4:11

Song: [Love One Another](#)



# BIBLE VERSES FOR THE SCHOOL YEAR



## ZEPHANIAH 3:17

The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.



## PSALM 139:14

I praise you for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.



## JOHN 16:33

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.



## ROMANS 12:9-10

Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor.



## PHILIPPIANS 4:6-7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



## PSALM 26:1-2

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.



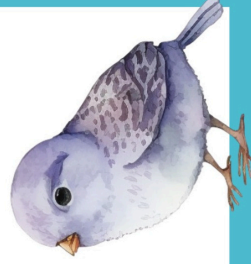
## PROVERBS 3:5-6

Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He will direct your path.



## JAMES 1:5

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given to him.



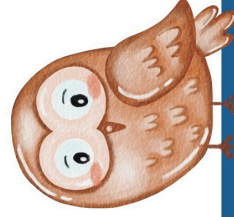
## PSALM 128:1

Blessed are all who fear the Lord, who walk in His ways.



## HEBREWS 11:1 & 6

Now faith is being sure of what is hoped for, and certain of what we do not see. And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.



## EPHESIANS 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



## DEUTERONOMY 6:5

You shall love the Lord your God with all your heart and all your soul and all your might.



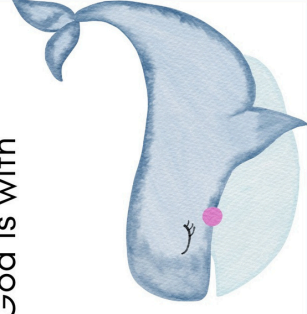
## ECCLESIASTES 4:9-10A

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.



## JOSHUA 1:9

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.



## 1 JOHN 4:11

Beloved, if God so loved us, we also ought to love one another.





# DECLUTTERING LIST

## LIVING ROOM

- Books/magazines
- Coffee table contents
- Movies/video games/systems
- Decor
- \_\_\_\_\_
- \_\_\_\_\_

## KITCHEN

- Mugs & glasses
- Kids dishes
- Under the sink
- Cooking appliances/tools
- Refrigerator/freezer
- \_\_\_\_\_

## DINING ROOM/PANTRY

- Expired food
- Spices
- Holiday dishes/decor
- Tablecloths/centerpieces
- Coffee & tea supplies
- \_\_\_\_\_

## ENTRY

- Coats/jackets
- Winter gear
- Bags
- Shoes
- Pet accessories
- \_\_\_\_\_

## PLAY AREA

- Toys
- Books
- Art supplies
- Puzzles & games
- \_\_\_\_\_
- \_\_\_\_\_

## OFFICE

- Mail/paperwork
- Office supplies
- Electronics & cords
- Desk drawers
- Files
- \_\_\_\_\_



# DECLUTTERING LIST

## MAIN BEDROOM

- Nightstand drawers
- Dresser drawers
- Books/magazines
- Blankets
- \_\_\_\_\_
- \_\_\_\_\_

## BATHROOM

- Toiletries
- Towels/linens
- Makeup
- Cleaning supplies
- \_\_\_\_\_
- \_\_\_\_\_

## KIDS BEDROOM

- Dresser drawers
- Closet
- Books
- Toys
- \_\_\_\_\_
- \_\_\_\_\_

## BATHROOM

- Toiletries
- Towels/linens
- Bath toys
- Cleaning supplies
- \_\_\_\_\_
- \_\_\_\_\_

## KIDS BEDROOM

- Dresser drawers
- Closet
- Books
- Toys
- \_\_\_\_\_
- \_\_\_\_\_

## BATHROOM

- Towels/linens
- Cleaning supplies
- Decor
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





# DECLUTTERING LIST

## CLOSET

- Current clothes
- Out-of-season clothes
- Shoes
- Purses/bags
- Accessories
- Jewelry

## OUTDOOR SPACE

- Patio furniture
- Outdoor toys
- Gardening supplies
- Sports equipment
- \_\_\_\_\_
- \_\_\_\_\_

## LAUNDRY ROOM

- Laundry supplies
- Cleaning supplies
- Hangers
- Towels
- \_\_\_\_\_
- \_\_\_\_\_

## STORAGE AREA

- Kids' schoolwork
- Holiday decorations
- Baby/kid items
- Travel supplies
- \_\_\_\_\_
- \_\_\_\_\_

## OTHER

- Car
- Medicine
- Tools
- Gift wrap
- Exercise equipment
- \_\_\_\_\_

## OTHER

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# REMINDERS

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## To buy:

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# SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT





# OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT





# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT

