

Plan a Lunch Worksheet

What goes into a school lunch?

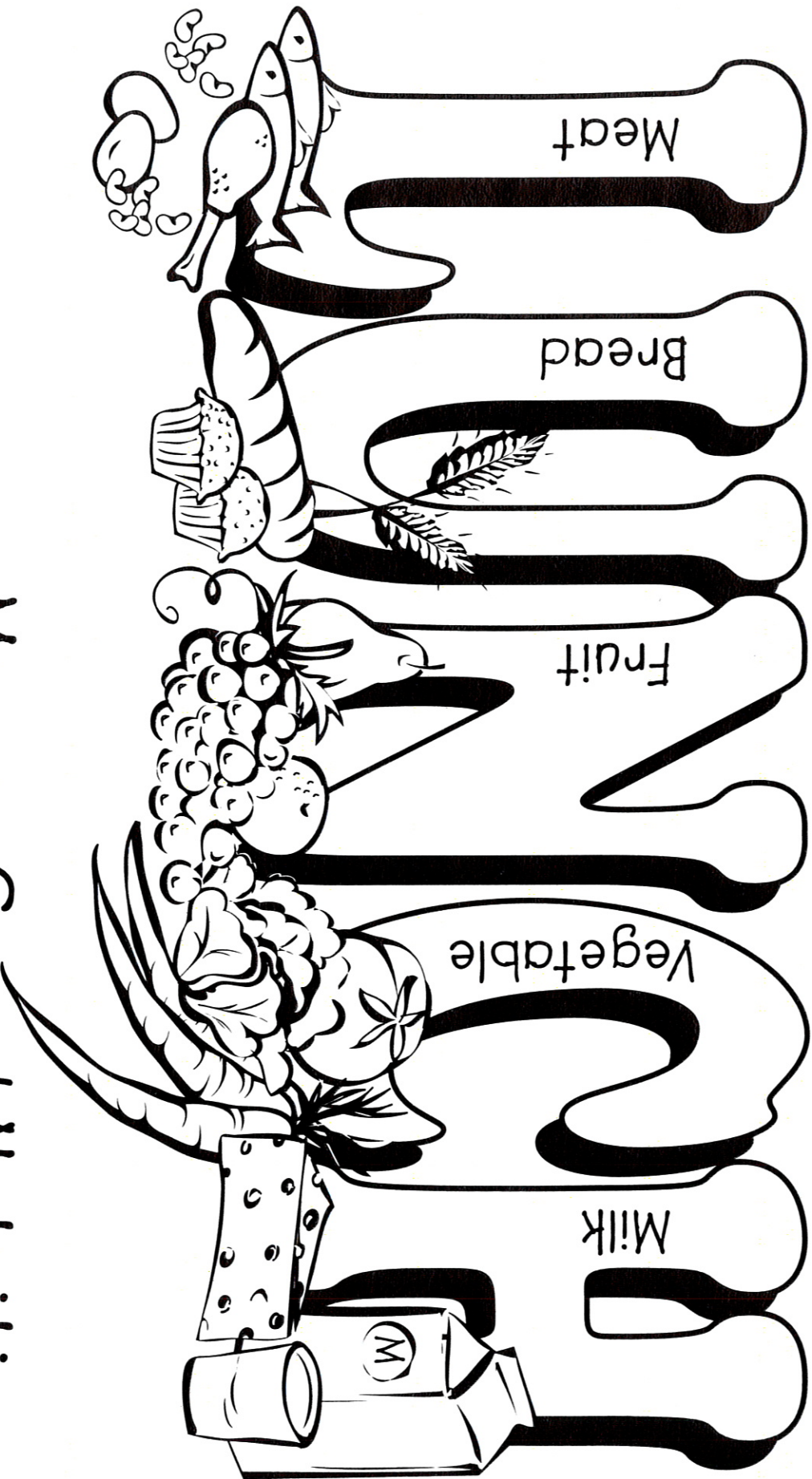
1. Meat or Meat Substitute
2. Breads or Grains
3. Fruits or Vegetables
4. Vegetables or Fruits
5. Milk

Healthy Choices

1 Meat or Meat Substitute		Lean & Beans
2 Breads or Grains		Unrefined, whole grains
3 Fruits or Vegetables		Nature's freshest
4 Vegetables or Fruits		Crisp & fresh
5 Milk		Half-pint, lowfat

School Lunch Coloring Page

School



Means Good Nutrition.