

MRS. DUBOIS'

BALANCED DAY LUNCH IDEAS:

QUICK TIP!!

Pack the lunches
with your child each
night!

MONTHLY TIP!!

Put dividers in the lunch bag so your
child eats everything above the
cardboard in the first break and
then lifts the card and eats the rest
at the second break.

SAMPLE LUNCH

| BREAK ONE | | BREAK TWO | |
|--------------------------|---------------------------|---|---------------------------|
| Oatmeal raisin muffin | Grain products: 1 | Sliced turkey on whole wheat bread or bagel | Grain products: 2 |
| Banana | Vegetable/Fruit: 1 | 100% fruit juice Baby carrots | Meat & Alternatives: 1 |
| Milk | Milk & Alternatives: 1 | Milk pudding cup | Milk & Alternatives: 1 |