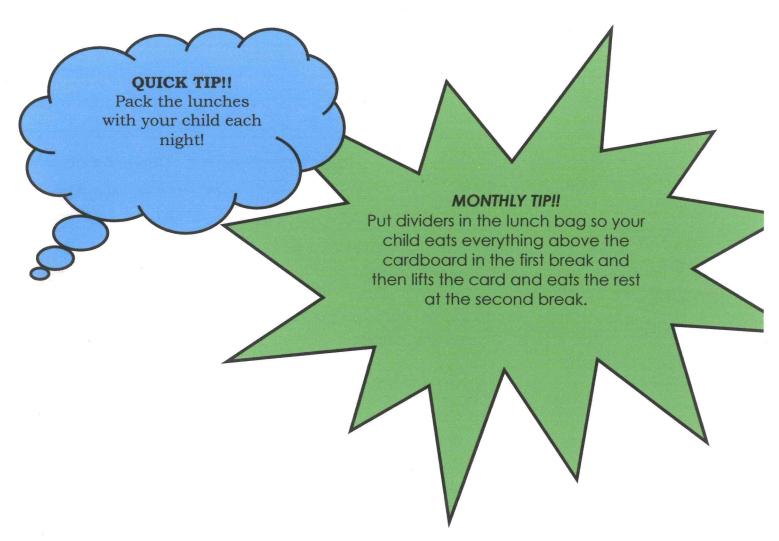
MRS. DUBOIS' BALANCED DAY LUNCH IDEAS:



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