

My School Lunch

Pack foods from Canada's Food Guide for **both** nutrition breaks. Make half of your choices vegetables and fruit.



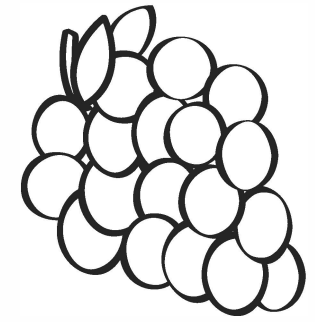
Pita + Hummus + Cucumber slices



Homemade muffin

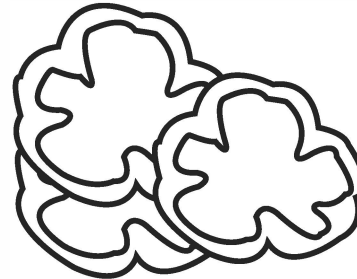


Hard boiled egg

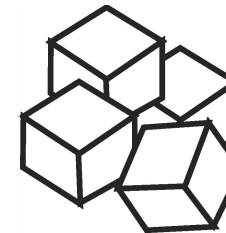


Grapes

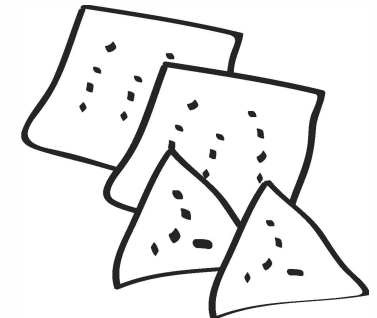
OR



Pepper slices

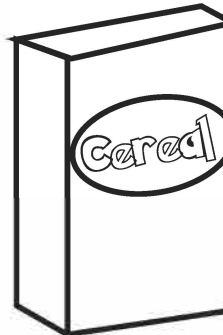


Cheese cubes

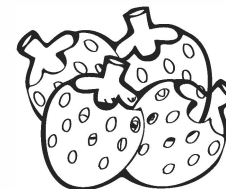


Crackers

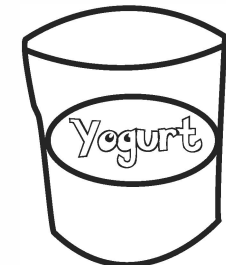
OR



Dry cereal



Strawberries



Yogurt