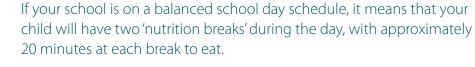


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Packing a lunch FOR A BALANCED SCHOOL DAY



The first break is around mid-morning, with the second break happening around early afternoon.

Follow these steps to help you pack a lunch for a balanced school day

1. There's no need to pack two lunches – you can divide the lunch into two portions. Ask your child how they would like their lunch and snacks divided.

1 LUNCH	LUNCH DIVIDED INTO 2 BREAKS		
Sandwich	Half a sandwich	Half a sandwich	
Baby carrots 🔶 🔿	Baby carrots	Cheese and crackers	
Cheese cubes and crackers	Water/milk	Water	

- 2. Pack the lunches into easy to open containers. Label the containers as "break 1" and "break 2".
- 3. Check with your child to make sure they are getting enough food during the day. Adjust portions based on their appetite.

SAMPLE MENU		SAMPLE MENU		
	Break 1	Break 2	Break 1	Break 2
	Yogurt and a banana	Leftover vegetables and beef stir-fry with	A cup of lentil soup in a thermos	Half a chicken salad sandwich Cut up vegetables
	Water	rice in a thermos Water	Grapes Water	(raw or steamed) Milk