



# Packing a lunch










## FOR A BALANCED SCHOOL DAY

If your school is on a balanced school day schedule, it means that your child will have two 'nutrition breaks' during the day, with approximately 20 minutes at each break to eat.

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	Baby carrots	Cheese cubes and crackers	Half a sandwich	Baby carrots	Water/milk	Half a sandwich	Cheese and crackers	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	
<b>Break 1</b>	<b>Break 2</b>	<b>Break 1</b>	<b>Break 2</b>
Yogurt and a banana	Leftover vegetables and beef stir-fry with rice in a thermos	A cup of lentil soup in a thermos	Half a chicken salad sandwich
Water	Water	Grapes	Cut up vegetables (raw or steamed)
		Water	Milk