Hey, Kids!

Build a Healthful Bagged Lunch!

It's Lunchtime!
The bell rings and it's time for lunch.
Did you pack healthful foods in your lunch bag?

Eat a Rainbow of Color
Try to pick foods of all different colors. Think of a rainbow.
It is good to have many colors on your tray because that means you chose many different kinds of food.

Choose Foods From Each Food Group
Try to choose foods from each of the five food groups. This will help you build a healthful lunch. Here are some ideas:

- **Vegetables**: carrots or celery
- **Fruits**: apples, bananas or strawberries
- **Grains**: bread, tortilla or bagel
- **Dairy**: milk, yogurt or cheese
- **Protein**: meat, peanut butter or nuts.

Flip the page over to practice building your own lunch!
Build Your Own Lunch!

Circle the **healthy** foods you would like to pack in your lunch. Try to choose foods of all different colors from each food group.

- Tuna salad on sub roll
- Turkey sandwich on whole grain bread
- Bologna sandwich
- Can of pop
- Fresh fruit
- Yogurt
- Potato chips
- Baby carrots
- Mixed nuts
- Salad
- Skim milk
- Pretzels
- Chocolate chip cookie
- Apple
- Peanut butter and jelly sandwich on whole grain bread
- Cheesy snack crackers
- Whole grain crackers with cheese slices
- Snack cake
- Sports drink
- Fresh fruit
- Yogurt
- Salad