

HEY, KIDS!

Build A Healthful School Lunch!

It's Lunchtime!

The bell rings and
it's time for lunch.

You're standing in
the lunch line waiting
to get your food.

What are you going
to put on your tray?



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 **healthful** foods you would put on your lunch tray. Try to choose foods from each food group and make your tray colorful!.



slice of pizza



salad



turkey sandwich on whole grain bread



French fries



cheese breadstick



baby carrots



cheeseburger



whole grain spaghetti with meat sauce



crispy chicken sandwich



chicken breast



chicken nuggets



fruit juice



skim milk



potato rounds



fresh fruit



hard shell taco



chocolate chip cookie



green beans



apple



grapes



baked potato