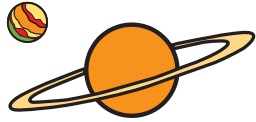




# My School Lunch Menu



Adventures in learning, created by Canadian dietitians

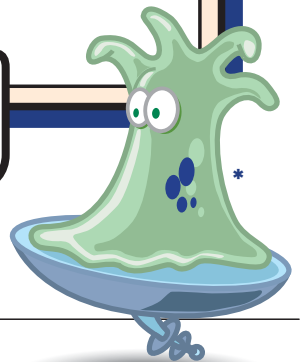


Name: \_\_\_\_\_



	Lunch Menu	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

**Did you know?** The best kind of lunch has foods from all 4 food groups in it. Go for a healthy balance!



Learn more about making healthy food choices at [www.missionnutrition.ca](http://www.missionnutrition.ca) and [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

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