



# Sample School Lunch Menu



Adventures in learning, created by Canadian dietitians

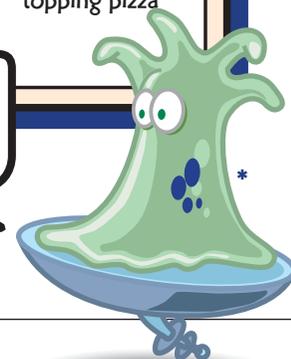


Name: \_\_\_\_\_



	Lunch Menu	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<b>Monday</b>	Leftover lasagna with veggie sticks, an apple and chocolate milk	Carrot and celery sticks, apple and tomato sauce in the lasagna	Lasagna noodles	Lower-fat cheeses in the lasagna and lower-fat chocolate milk	Ground meat or beans for the lasagna
<b>Tuesday</b>	Whole grain wrap stuffed with turkey and veggies, a pear and a yogurt drink	Lettuce, cucumber and sweet pepper strips and a pear	Whole grain wrap	Lower-fat yogurt drink	Roast turkey, sliced
<b>Wednesday</b>	Vegetable and bean alphabet soup, whole grain crackers, fruit yogurt and water	Vegetable based soup	Alphabet noodles in the soup and whole grain crackers	Lower-fat fruit yogurt	Beans in soup
<b>Thursday</b>	Tuna or egg salad on whole grain toast with a piece of cheese or stick and 100% fruit juice	Grated carrots and zucchini to put in the tuna or egg salad and a 100% fruit juice box	Small slices of whole grain bread, toasted with a plastic knife for spreading the salad	Lower-fat cheese or cheese stick	Tuna or hard boiled eggs for making the salad
<b>Friday</b>	Home-made mini pizza on whole grain English muffin halves, a fruit salad cup and milk	Tomato sauce and chopped veggies for topping pizza and a fruit salad cup in juice	Whole grain English muffin	Lower-fat cheese, shredded for topping pizza and lower-fat milk	Roast chicken pieces (or other lean meat) for topping pizza

**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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