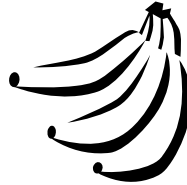


# BALANCED SCHOOL DAY

## Simple Solutions to Balanced School Day Nutrition Breaks

This is a great opportunity to talk with your children about what food choices will be best for their nutrition breaks at school. They should understand the importance of planning nutritious, satisfying mini-meals to help them reach their full potential throughout the school day. Our Balanced school day nutrition breaks offer 20 minutes in the morning and again in the afternoon, to sit and eat a nutritious mini-meal. It is important to remember that children on the balanced school day timetable need the same amount of food during the day as other children do. What's different is the timing of when this food is eaten.



### Planning Tips...

Sandwiches can be cut in half and wrapped separately – one half for each break. Foods that are packed in a thermos may be hotter and taste better if they are eaten during the first break. Cold foods like juice and yogurt can be frozen to help them last to the second break. For younger children you can mark #1, #2 on reusable containers to help them divide their food.

## A WEEK OF HEALTHY MINI-MEAL IDEAS

### MONDAY

oatmeal raisin muffin - milk - banana

Breadsticks wrapped with cold deli meat—100% fruit juice - milk pudding cup - baby carrots

### TUESDAY

yogurt cup or tube - apple - sunflower seeds

leftover pizza - cucumber slices - chocolate milk

### WEDNESDAY

cheese and crackers - raisins - fruit juice

cold chicken - whole wheat roll - green pepper rings - milk

### THURSDAY

trail mix (dry cereal, dried fruit, sunflower seeds) - celery sticks with cheese spread - water

hard boiled egg - whole wheat bread - applesauce - milk

### FRIDAY

popcorn sprinkled with parmesan cheese - milk veggies and dip

leftover macaroni and cheese mixed with ham - fruit cup oatmeal cookies