

CAN YOU SNACK LIKE JACK?

INCLUDE ITEMS FROM EACH OF THE FIVE HEALTHY FOOD GROUPS IN YOUR SCHOOL LUNCH, PLUS A DRINK, FOR A WEEK AND LET YOUR HEALTHY HEART BEAT TRUE!



		GRAINS	VEGETABLES/ SALAD	FRUIT	DAIRY	LEAN MEAT, POULTRY FISH, EGG, LEGUMES	DRINK (WATER)
JACK		- WRAP - SAVOURY MUFFIN	- SALAD	- APPLE	- TUB OF YOGHURT	- CHICKEN	- WATER
ME	MONDAY						
	TUESDAY						
	WEDNESDAY						
	THURSDAY						
	FRIDAY						