



Balanced School Day BASICS

Balanced school day nutrition breaks offer students two breaks during the school day; at least 20 minutes in the morning and another 20 minutes in the afternoon. This allows children enough time to sit and eat a nutritious mini-meal twice a day.

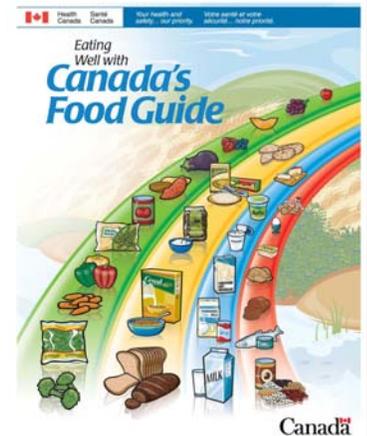
Children on the Balanced School Day timetable need the same amount of food during the day as other children do. The only difference is that they get two chances to eat instead of one lunch break.

What Should I Pack?

Aim for **at least three** of the four food groups in Canada's Food Guide for each break; Vegetables & Fruit, Grain Products, Milk & Alternatives and Meat & Alternatives.

Be sure to involve your children in planning and packing their food for the day. They are more likely to eat what is packed when they contribute to the choices.

Ask your children to bring home leftovers rather than throwing them out at school. This will help you see what they are actually eating at school.



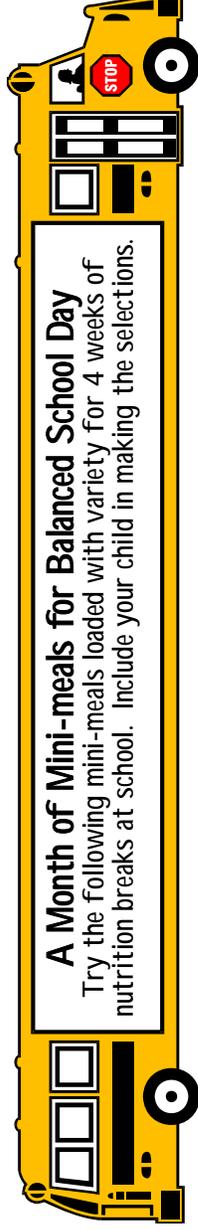
Packing Tips!



- ✓ You may find it helpful to purchase re-usable containers from the Dollar Store. You can label them #1 and #2 with permanent marker to help younger children choose what to eat at each nutrition break. However, it doesn't really matter which foods your child chooses to eat at each break. It is more important that they eat a variety of foods over the course of the day.
- ✓ Sandwiches can be cut in half and wrapped separately - one half for each break.
- ✓ Include two healthy beverages - one for each break (e.g. white or chocolate milk, 100% fruit juice).
- ✓ When sending hot foods, be sure to preheat your child's thermal container with hot water and reheat the food on the morning before packing it for school. These foods will be hotter and may taste better if they are eaten during the first break.
- ✓ Freezing water bottles, juice or yogurt tubes will help them last to the second break as well as keeping everything else in the lunch bag cold.



Morning Break



A Month of Mini-meals for Balanced School Day
 Try the following mini-meals loaded with variety for 4 weeks of nutrition breaks at school. Include your child in making the selections.



Afternoon Break

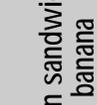
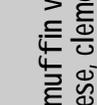
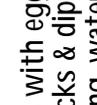
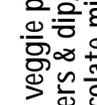
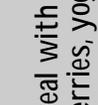
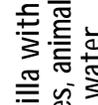
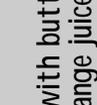
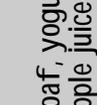
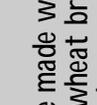
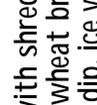
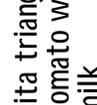
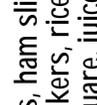
Monday

Tuesday

Wednesday

Thursday

Friday

 small muffin, yogurt, applesauce	 1/2-1 cup dry cereal, milk, raisins	 1/2 bagel with cheese, orange juice	 1/2 chicken sandwich, milk, banana	 1/2 english muffin with ham and cheese, clementine
 1/2 cheese sandwich, broccoli & dip, fruit juice, oatmeal cookies	 2 mini pitas with egg salad, carrot sticks & dip, milk pudding, water	 1/2 bagel with cheese, red peppers & dip, plum	 chicken noodle soup, soda crackers, yogurt, grapes	 1 slice veggie pizza, cucumbers & dip, pear, chocolate milk
 2 blueberry pancakes, orange sections, milk	 tomato soup made with milk, whole grain crackers, kiwi pieces	 1/2 ham sandwich, applesauce, water	 whole grain crackers, cheese cubes, pineapple chunks, water	 dry cereal with dried cranberries, yogurt
 pasta salad with mozzarella cheese, pepper & dip, juice	 small muffin, celery & dip, fruit cup, milk	 1/2 ham sandwich, carrot sticks & dip, fig bars, milk	 split pea soup, 1 slice whole wheat bread, milk pudding, peach	 cheese tortilla with salsa dip, green grapes, animal crackers, water
 4 graham crackers with cream cheese, fruit cup	 muffin, banana, milk	 raisin bread with butter, yogurt, orange juice	 mini pitas with grated cheese, kiwi, water	 pumpkin loaf, yogurt tube, apple juice
 1/2 roast beef sandwich, carrots & dip, plum, milk	 bean salad with mini pitas, apple, date square, water	 leftover chili, whole wheat roll, pear, milk	 tuna wrap, cauliflower & dip, chocolate milk	 macaroni & cheese, peppers & dip, grapes, water
 1 slice banana bread, dried apricots, cheese cubes	 hot chocolate made with milk, 1 slice whole wheat bread with jam, banana	 raisin bread with cheese slice, juice	 dry cereal, peach, yogurt	 muffin, pear, milk
 salmon wrap, celery sticks & dip, applesauce, chocolate milk	 mini pitas with corned beef, tossed salad (dressing on the side), milk pudding, water	 baked beans with shredded cheese, whole wheat bread, baby carrots & dip, ice water	 hummus, pita triangles, cucumbers, tomato wedges, milk	 cheese cubes, ham slices, whole grain crackers, rice krispie square, juice

WEEK 1

WEEK 2

WEEK 3

WEEK 4