

# Weekly School Lunch Planner

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


#LetsMakeLunchFun by packing at least one food from each group.

GO Food	GROW Food	GLOW Food
<b>Carbohydrates and Fats</b> <ul style="list-style-type: none"> <li>Bread / Rice / Pasta</li> <li>Milk / Cheese</li> </ul>	<b>Meat and Pulses</b> <ul style="list-style-type: none"> <li>Meat / Poultry / Fish</li> <li>Nuts and Beans</li> </ul>	<b>Fruits and Vegetables</b>