

Weekly School Lunch Planner

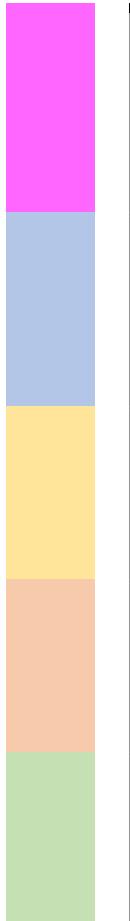
SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



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

GO Food	GROW Food	GLOW Food
Carbohydrates and Fats <ul style="list-style-type: none">Bread / Rice / PastaMilk / Cheese	Meat and Pulses <ul style="list-style-type: none">Meat / Poultry / FishNuts and Beans	Fruits and Vegetables