



The Balanced School Day

At Daerwood School

- We encourage healthy eating through a balanced meal plan.
- Water is available at the bottle filling station. Students should bring an empty water bottle for school.
- Health breakfast and snack foods are available.



8:50 a.m.	School Entry
9:00	Instruction Begins
9:00	Instruction Block 1
10:40	Wellness Break
11:10	Instruction Block 2
12:50	Wellness Break
1:45	Instruction Block 3
3:30	Dismissal

Daerwood School

Lunch Ideas for The Balanced School Day



Organizing Meals

Children's meals should be organized for school breaks in a variety of ways, including:

Nutrition Break 1: ½ of lunch & snack

Nutrition Break 2: ½ of lunch & snack

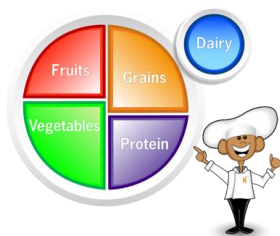
Nutrition Break 1: Breakfast

Nutrition Break 2: Lunch

Healthy Meals

Each child has his/her own unique eating habits, likes, dislikes and appetite. It is beneficial to involve your child in helping you plan and prepare the meals.

Try to include foods from different food groups for each break.



Grain Products
Vegetables and Fruit
Milk and Alternatives
Meat and Alternatives

Healthy drinks choices include water, white or chocolate milk, 100% and unsweetened fruit juices.

Packing Tips

- Label and separate "Break 1, Break 2"
- Divide the lunch bag into two parts 'Break 1' and 'Break 2'.
- Send leftovers, such as stew or soup, in a thermos.
- Keep foods hot using an insulated thermos. Fill thermos with boiling water for few minutes, empty then fill with food. Microwaves are not available.
- To keep food cold, use an insulated lunch bag with a freezer pack, frozen water or frozen juice box.
- Freeze leftovers from family meals in lunch size portions.



Nutritious Menu Ideas

- Oatmeal raisin muffin, banana & milk
- Sliced turkey on whole wheat, carrots, milk pudding, water
- Whole grain cereal, banana, & milk
- Whole wheat pita, humus, cucumber slices, cheese, & water.
- Cheese, whole wheat crackers, grapes, 100% fruit juice
- Soup, whole wheat crackers, milk, apple



- Applesauce, waffle, & milk
- Whole wheat bagel with cheese, yogurt, orange, & water
- 1/2 turkey and vegetable whole wheat pita wrap, water, cheese
- Other half of turkey wrap, milk, berries