1. Write your name on the top sheet
2. Color in both sheets
3. Cut along the dotted line on the top sheet
4. Put glue in the area labeled “glue here”, line pages up and glue them together
5. The “front” flap you cut should open to reveal the contents of your “lunchbox”
What's in your lunchbox?
sandwich (whole grains/protein)
water bottle (water)
carrot (vegetables)
broccoli (vegetables)
sliced cheese (dairy/protein)
crackers (whole grains)
orange (fruit)
apple (fruit)
yogurt (dairy)
string cheese (dairy/protein)

sandwich (whole grains/protein)