

# SEND YOUR CHILD TO SCHOOL WITH THEIR FOOD PLATE FULL (and keep their eyes and ears healthy)



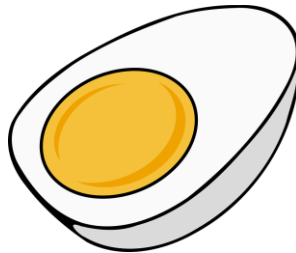
Peanut butter and whole grain bread sandwich

Carrot sticks and kale chips

Orange slices and banana

Boiled egg

Milk



Lunch example (quick and simple):

