

Fun Healthy St Patrick's Day LunchBox Notes



Lucky green vegetables
give you lots of luck all day.
Happy St Patrick's Day!



Color your lunch like a
rainbow with foods from all
the food groups!
Happy St Patrick's Day!



Have fun, jump around like
a little leprechaun.
Happy St Patrick's Day!



Enjoy some green fruit for
some sweet luck!
Happy St Patrick's Day!



Your bones are lucky
when you give them milk!
Happy St Patrick's Day!



A lucky lunch starts with
100% whole grains!
Happy St Patrick's Day!



Visit www.ChefSolus.com for [free printable worksheets for kids](#), [nutrition education games](#), healthy eating tips, exercise and healthy goals and weekly healthy food trackers, fitness activity goal sheets and school lunch and snack ideas and more!

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Lunchbox notes are a fun way to remind your child the importance of eating a healthy lunch everyday! It is also a very sweet way to reach out to your child when they are away and remind them that you have thought of them. Put a smile on your child's face during lunch time with our Healthy Messages Lunchbox Notes!

Supplies Needed:

- heavy paper
- construction paper (red and white- optional)
- glue or double sided tape (optional)
- scissors
- pen

Instructions:

- Print out the first 2 pages of this this pdf onto heavy paper.
- If desired, you can paste or tape cards onto construction paper.
- Cut out the lunchbox notes on the dotted lines.
- Write a little personal note on the back or just sign it with love! (optional)
- Place card in your child's lunchbox or lunch bag!
- Or if your child buys their lunch, put the lunchbox notes with their lunch money to remind them to be thankful.



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