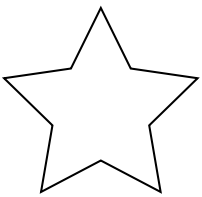
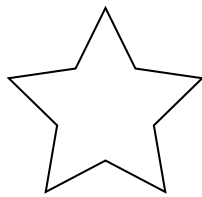
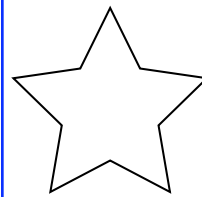
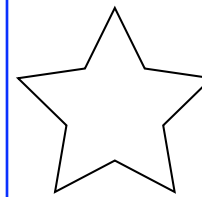
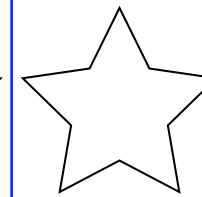
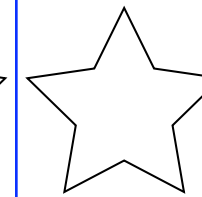
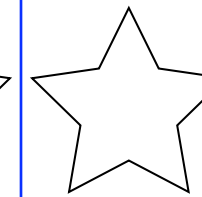


A Healthy Lunch Gives Me Energy!

Color the stars!	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I ate a healthy lunch today with foods from the food groups Write in your lunch!							
Color a star, if you ate from at least three food groups in your lunch.							

List some of your favorite lunches:

Visit www.ChefSolus.com for Free online nutrition games, healthy interactive tools, fun activities, and tips!

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