



Balanced School Day

9:00 – 1:40	Block 1	100 minutes – Instruction
10:40 – 10:55	Nutrition/Activity Break	Nutrition – Gr. K-3 / Activity – Gr. 4-6
10:55 – 11:10	Nutrition/Activity Break	Nutrition – Gr. 4-6 / Activity – Gr. K-3
11 :10 – 12 :50	Block 2	100 minutes – Instruction
12 :50 – 1 :20	Nutrition/Activity Break	Nutrition – Gr. K-3 / Activity – Gr. 4-6
1 :20 – 1 :45	Nutrition/Activity Break	Nutrition – Gr. 4-6 / Activity – Gr. K-3
1 :45 – 3 :25	Block 3	100 minutes – Instruction
3:25 – 3:45	Prepare for buses	

Students require a healthy snack during the first break in the morning. Students will also need their regular lunch at 12:50 p.m. (Milk will be sold during this break.) Parents are encouraged to pack the food separately so that students know which food they should eat at each of the breaks and to ensure they have sufficient food for the day. If you are picking your child up for lunch, our new lunch-hour is 12:50 to 1:45 p.m.

BALANCED MENU IDEAS

Week One					
First Break	<ul style="list-style-type: none"> two blueberry pancakes pineapple chunks milk/soy 	<ul style="list-style-type: none"> hot chocolate bread and jam banana 	<ul style="list-style-type: none"> one slice raisin bread and cheese juice 	<ul style="list-style-type: none"> one slice banana bread raisins cheese slice 	<ul style="list-style-type: none"> dry cereal with dried cranberries yogurt
Second Break	<ul style="list-style-type: none"> macaroni and cheese pepper and dip juice 	<ul style="list-style-type: none"> chicken noodle soup salad pudding water 	<ul style="list-style-type: none"> baked beans with shredded cheese whole wheat bread carrots and dip water 	<ul style="list-style-type: none"> chicken wrap celery dip applesauce chocolate milk/soy 	<ul style="list-style-type: none"> cheese tortilla with salsa dip animal crackers grapes water

Week Two					
First Break	<ul style="list-style-type: none"> ½ cheese sandwich 	<ul style="list-style-type: none"> mini pita with grated cheese 	<ul style="list-style-type: none"> dry cereal peach 	<ul style="list-style-type: none"> ½ chicken sandwich 	<ul style="list-style-type: none"> muffin banana

	<ul style="list-style-type: none"> • yogurt • applesauce 	<ul style="list-style-type: none"> • apple • water 	<ul style="list-style-type: none"> • yogurt 	<ul style="list-style-type: none"> • banana • milk/soy 	<ul style="list-style-type: none"> • milk/soy
Second Break	<ul style="list-style-type: none"> • ½ cheese sandwich • broccoli and dip • oatmeal • cookies • fruit juice 	<ul style="list-style-type: none"> • tuna wrap • cauliflower and dip • peach • chocolate • milk/soy 	<ul style="list-style-type: none"> • hummus • pita triangles • cucumbers • tomato wedges • milk/soy 	<ul style="list-style-type: none"> • ½ chick sandwich • Crackers • Yogurt • grapes 	<ul style="list-style-type: none"> • chicken fingers and plum sauce • bread sticks • cucumbers

Week Three					
First Break	<ul style="list-style-type: none"> • ½ bagel with cheese • orange juice 	<ul style="list-style-type: none"> • muffin • cheese cubes • pear • milk/soy 	<ul style="list-style-type: none"> • ½ ham sandwich • Applesauce • water 	<ul style="list-style-type: none"> • whole grain crackers • cheese cubes • kiwi • water 	<ul style="list-style-type: none"> • tomato soup • whole grain crackers • kiwi pieces
Second Break	<ul style="list-style-type: none"> • ½ bagel with cheese • red peppers and dip • fruit cup 	<ul style="list-style-type: none"> • ham slices • whole grain crackers • rice krispie square • juice 	<ul style="list-style-type: none"> • ½ ham sandwich • carrot sticks and dip • fig bar • milk 	<ul style="list-style-type: none"> • veggie soup • slice whole wheat bread • pudding • peach 	<ul style="list-style-type: none"> • muffin • celery and dip • orange sections • milk/soy

Week Four					
First Break	<ul style="list-style-type: none"> • 4 crackers and cream cheese • plum 	<ul style="list-style-type: none"> • ½ English muffin with ham and cheese • clementine 	<ul style="list-style-type: none"> • raisin bread and butter • yogurt • orange juice 	<ul style="list-style-type: none"> • dry cereal • raisins • milk/soy 	<ul style="list-style-type: none"> • pumpkin loaf • yogurt tube • apple juice
Second Break	<ul style="list-style-type: none"> • ½ roast beef sandwich • carrots and dip • plum • milk/soy 	<ul style="list-style-type: none"> • slice veggie pizza • cucumbers and dip • fruit cup • chocolate • milk/soy 	<ul style="list-style-type: none"> • chili • whole wheat roll • pear • milk/soy 	<ul style="list-style-type: none"> • two mini pitas with egg salad • carrots and dip • milk pudding • water 	<ul style="list-style-type: none"> • macaroni and cheese • peppers and dip • grapes • water