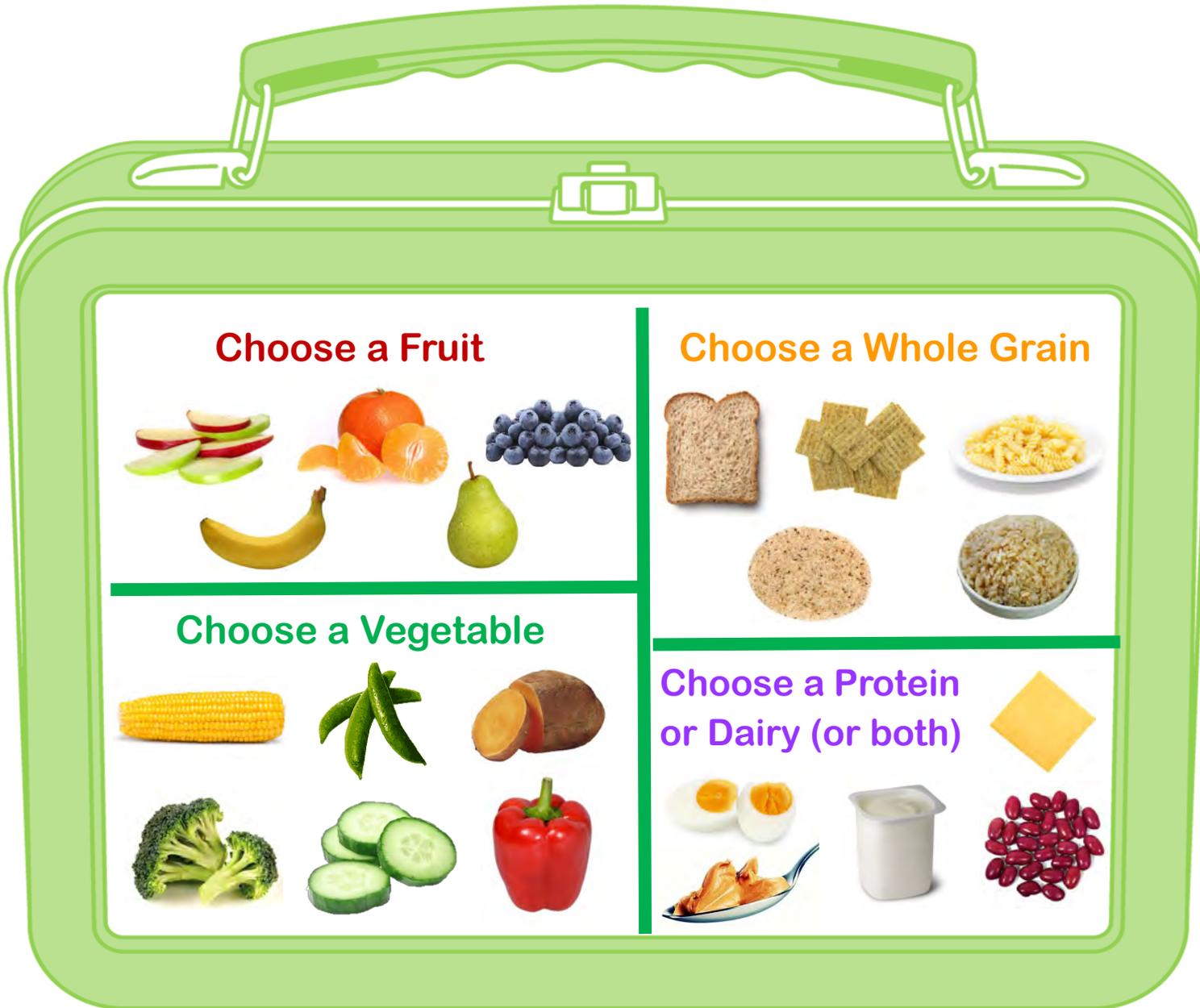


BUILD A HEALTHY LUNCH WITH MYPLATE

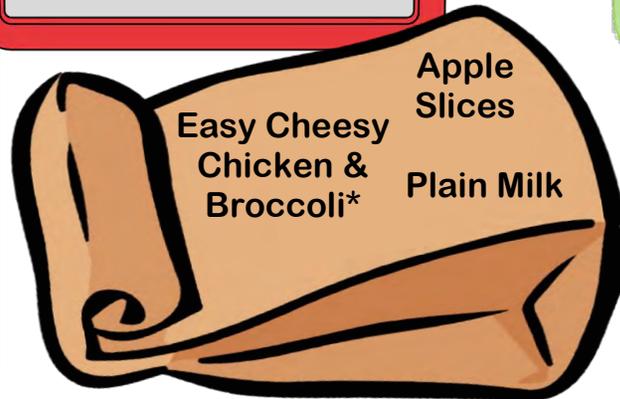
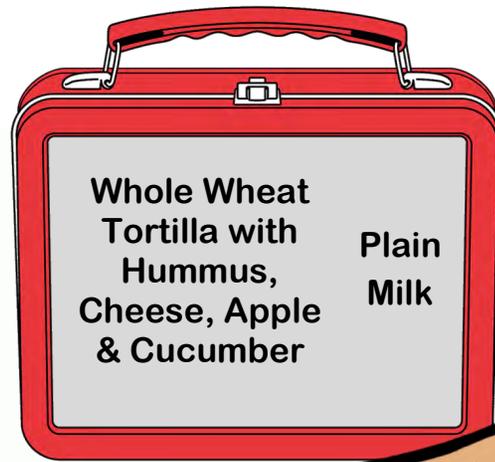
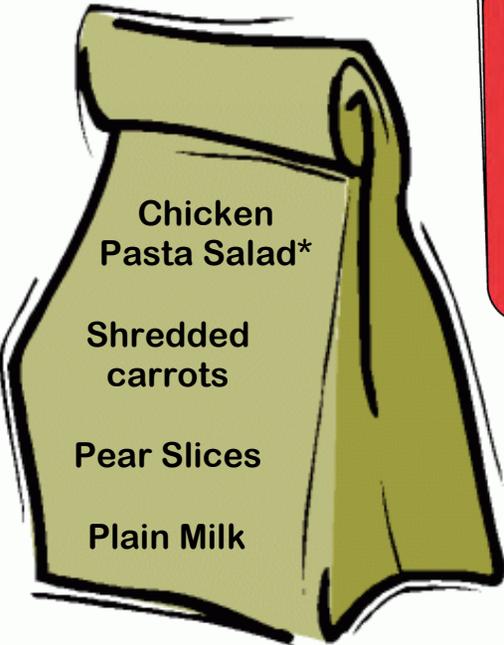


**Choose
Plain Milk
for a drink**





5 Days of Healthy Lunches



*Find the starred recipes on our website:
uri.edu/SnapEd/recipes

Pack it in a Snap!

Leftovers from dinner make healthy and easy lunches.

Pack lunches the night before for easy grab-and-go in the morning.

For Kids 4 years and Under:

To prevent choking, cut foods like grapes and cherry tomatoes into small pieces.

To make hard vegetables like carrots easier to chew, shred or cook them until soft.