



# National School Lunch Week

October 11-15

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Find all of the words from the list in the word search to complete the activity. Words can be found horizontally, vertically, and diagonally.

T	H	E	N	E	R	G	Y	T	R	L	I	Y	B
S	U	I	S	T	I	U	R	F	E	C	C	I	V
A	S	N	I	A	R	G	T	H	T	P	A	E	C
N	Y	R	A	S	T	I	Y	I	A	S	G	A	P
D	A	R	I	Y	T	R	W	C	W	E	U	O	R
W	H	S	N	O	I	T	I	R	T	U	N	N	O
I	E	N	I	A	R	A	H	A	I	L	C	U	T
C	A	I	D	G	O	W	B	H	O	I	O	U	E
H	L	M	A	E	S	L	R	O	E	A	A	E	I
L	T	A	C	A	E	U	H	S	A	L	A	D	N
E	H	T	I	S	Y	C	A	K	P	D	S	V	L
L	Y	I	T	A	S	N	L	L	A	T	S	A	P
S	A	V	N	V	S	D	A	I	N	M	E	A	T
T	R	L	U	N	C	H	O	M	T	G	A	T	H

- Protein
- Sandwich
- Vegetables
- Vitamins
- Water
- Salad
- Healthy
- Energy
- Milk
- Pasta
- School
- Dairy
- Lunch
- Meat
- Fruits
- Grains
- Nutrition

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Name your favorite school lunch week jungle animals. Write the name you choose on the line next to the animal. Get creative and have fun!



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



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\_\_\_\_\_

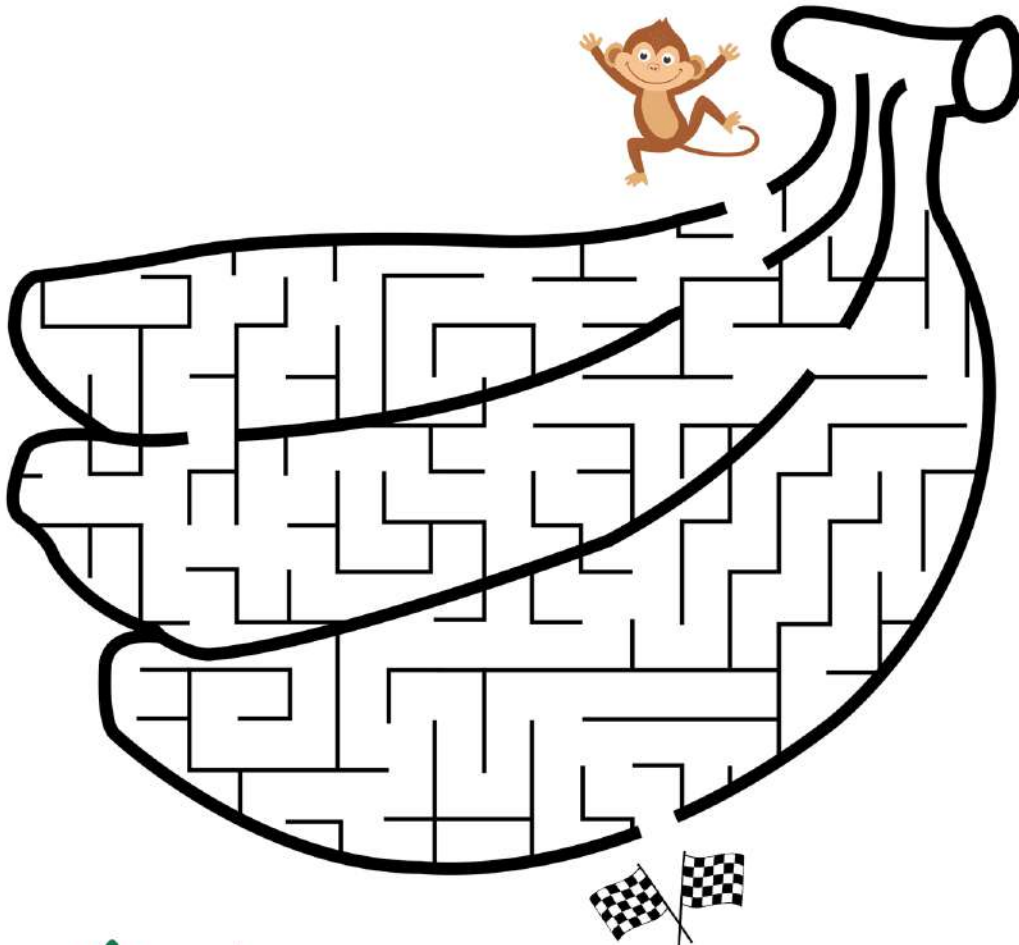


\_\_\_\_\_

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Help the monkey make his way through the banana maze to reach the finish line and complete the activity.

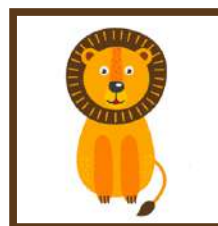


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Cut out all of the square pieces. Turn them over so that the jungle animals are faced down. Mix them all up. Turn over one piece at a time. When you turn over the second piece, try to match the same animal. If you get a match, keep them turned over.

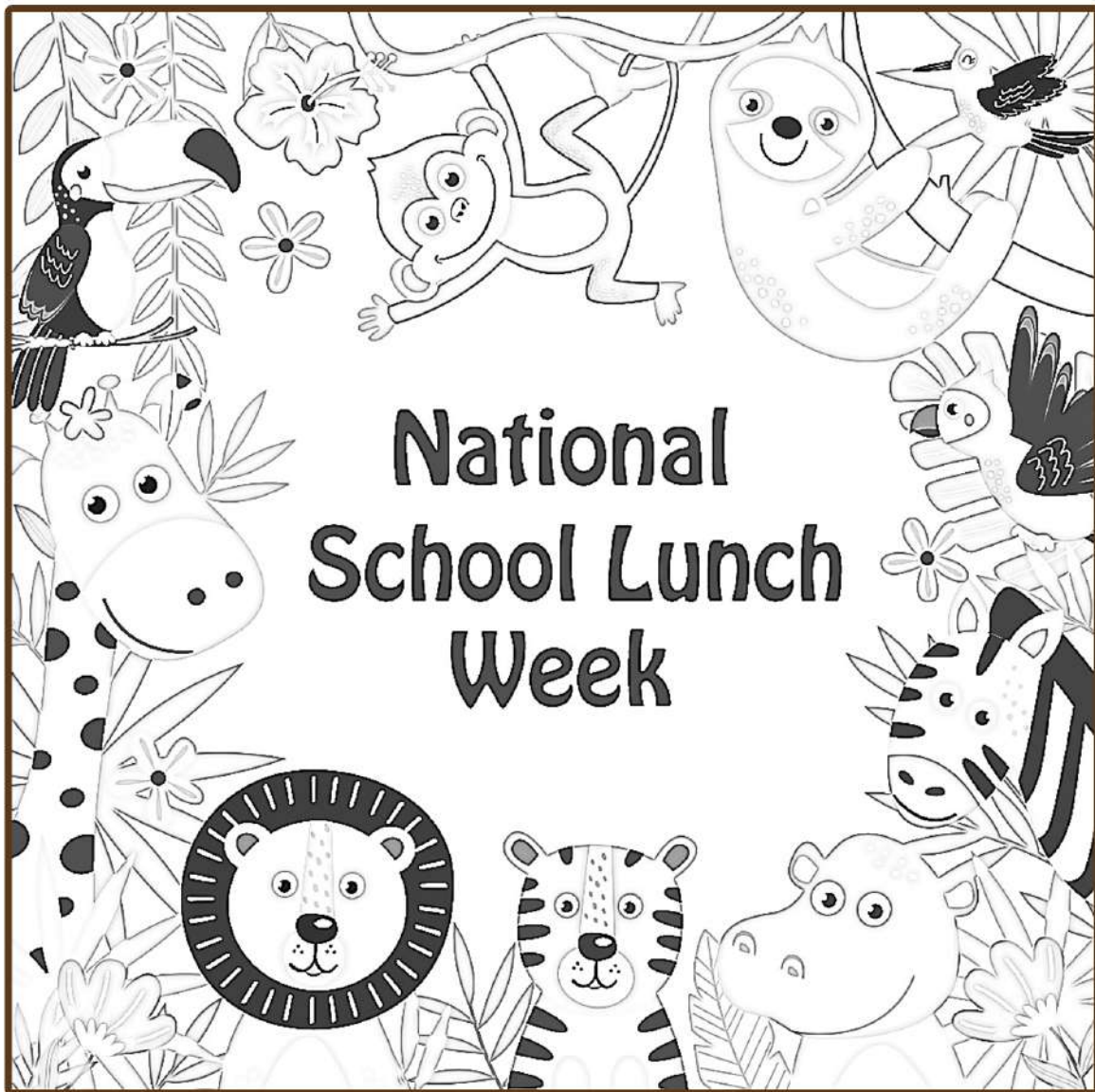
If you don't get a match, turn them both over faced down and try again until you match all of the characters.



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Color in the image below using crayons, colored pencils, markers, or paint. Use whatever colors you want and have fun!



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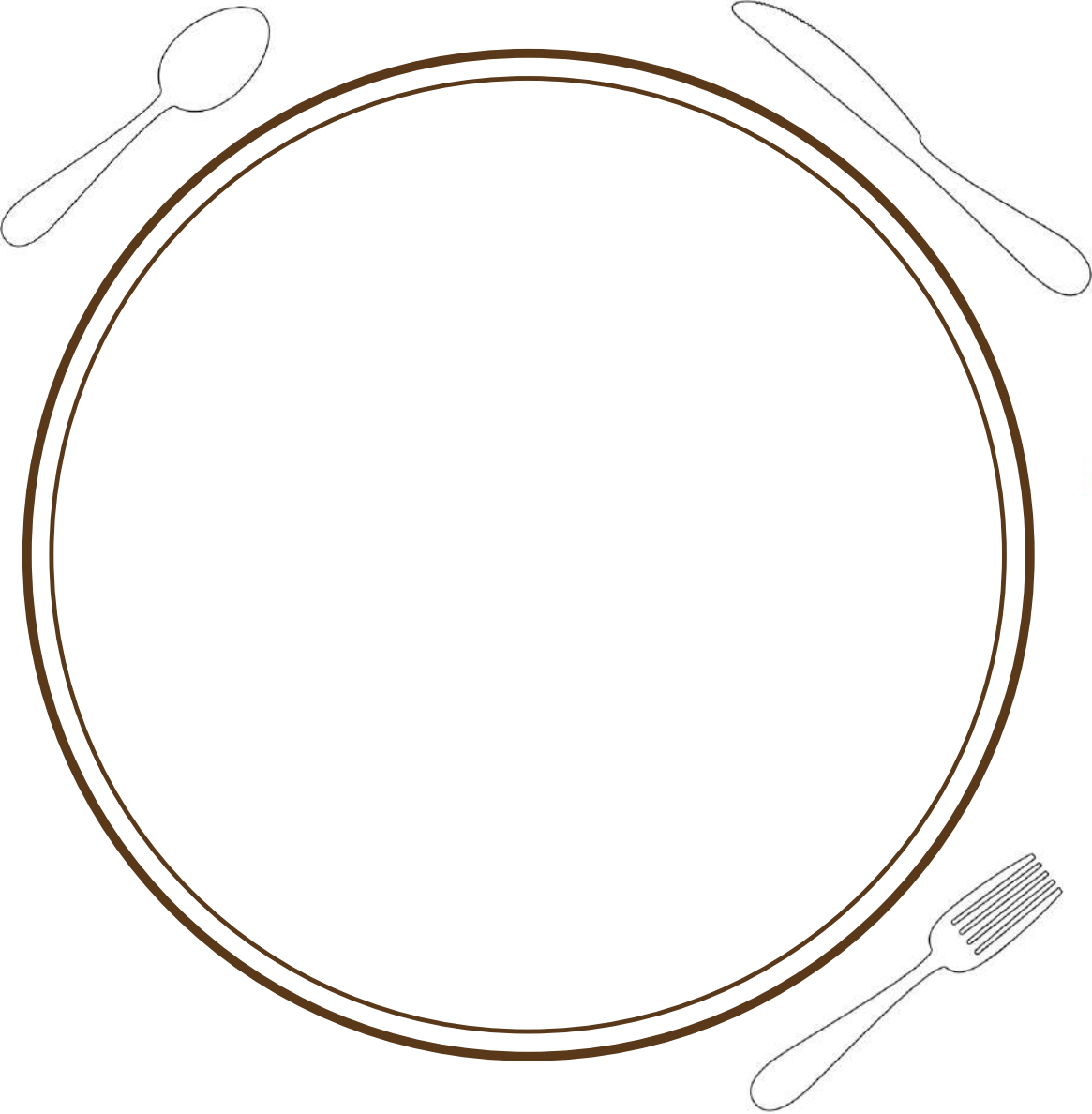
Compare the two images below and look for differences within the second image. Once you find something different, circle that area with a pen or pencil. There will be a total of 10 differences. Once you have discovered all 10 differences and circled them, you will have successfully completed the game!



# National School Lunch Week

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Draw your favorite school lunch meal on the plate below. Once you have finished drawing, you can color in the food to complete the activity.





**NATIONAL SCHOOL LUNCH WEEK 2021**

**WITH THE ZEE ZEEs**



**WILD ABOUT LUNCH**



[WWW.ZEEZEES.COM](http://WWW.ZEEZEES.COM)



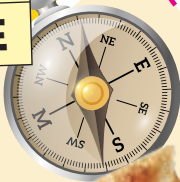
# EXPLORE SCHOOL LUNCH

ADVENTURER NAME \_\_\_\_\_

## WILD Word Search

FROG, LION, ZEBRA, SNAKE,  
TIGER, ELEPHANT

E	I	S	L	O	L	N
L	G	N	U	I	I	E
E	E	A	J	V	O	E
P	I	K	G	F	N	N
H	Z	E	B	R	A	E
A	I	G	B	O	L	E
N	I	T	I	G	E	R
T	I	G	R	Q	G	E



Color and cut to  
create your own tiger  
mask

### Did you know?

Dairy foods contain nutrients essential for bone growth and development.



# EXPLORE SCHOOL LUNCH

Kids who eat school meals get more whole grains, milk, fruits and veggies during meal times AND have better diets overall compared to kids who don't eat school meals.<sup>1,2</sup>

1. Cut out and place the cards face down on a flat surface.
2. Players take turns looking under two cards.
3. If the pictures match, the player keeps the cards and gets another turn.
4. The player with the most cards at the end wins!

Kids who eat school lunch get:



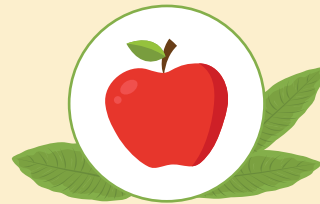
↓ Fewer beverages  
Other than milk & 100% juice

Kids who eat school lunch get:



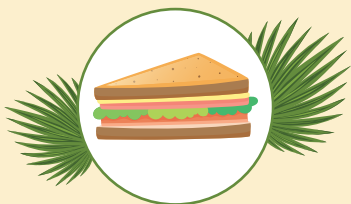
↓ Fewer beverages  
Other than milk & 100% juice

Kids who eat school lunch get:



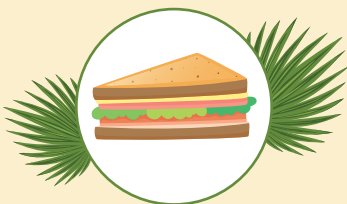
↑ More fruits and vegetables

Kids who eat school lunch get:



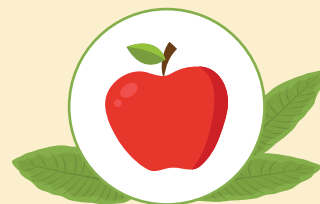
↑ More whole grains

Kids who eat school lunch get:



↑ More whole grains

Kids who eat school lunch get:



↑ More fruits and vegetables

Kids who eat school lunch get:



↑ More dairy

Kids who eat school lunch get:



↓ Fewer refined grains

Kids who eat school lunch get:



↓ Fewer refined grains

Kids who eat school lunch get:



↑ More dairy

Kids who eat school lunch get:



↓ Fewer desserts and snacks

Kids who eat school lunch get:



↓ Fewer desserts and snacks

<sup>1</sup>Fox MK, Gearan E, Cabili C, et al. School Nutrition and Meal Cost Study, Final Report Volume 4: Student Participation, Satisfaction, Plate Waste, and Dietary Intakes. U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support; 2019. <https://fns-prod.azureedge.net/sites/default/files/resource-files/SNMCS-Volume4.pdf>external icon

<sup>2</sup>Kinderknecht K, Harris C, Jones-Smith J. Association of the Healthy, Hunger-Free Kids Act with Dietary Quality Among Children in the US National School Lunch Program. JAMA. 2020;324(4):359-368.