



Back to SCHOOL

Health and Wellness Tip of the Week Week 40 – September 30, 2019

A Balanced Lunch

Mornings can be stressful when trying to get everyone out the door and on their way to work and school. It's important for children to have balanced lunches that keep them fueled throughout the day. One way to ensure kids have plenty of energy is by making well-balanced lunches. Always include:

- Vegetables
- Grains
- Protein
- Dairy
- Fruit

It's hard to keep life completely balanced. Help students maintain the balance with a healthy lunch.

Source: ChooseMyPlate.gov

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

