

## Why Do We Need To Eat Lunch?



With all five required meal pattern components, lunch helps us get a variety of vitamins and minerals to stay healthy and strong.



Lunch is a great time to introduce new, healthy foods to children.



Taking time for lunch can also have social benefits for children, especially with family style dining, which is shown to increase vocabulary and interaction with friends.



Eating lunch helps maintain good blood sugar levels so we can focus for the rest of the day.



## Fun Facts About Lunch

- "Lunch" is an abbreviation of "luncheon" and has been in common use since 1823.
- In some countries, lunch is considered the most important meal of the day.
- The Guinness World Record for largest sandwich weighed 5,440 pounds!

### recipe Veggies First, Cookie Monster

#### ingredients

17 oz. chicken breast, 1 inch pieces	2 cups small broccoli florets
2 cups sliced carrots	2 tablespoons olive oil

#### directions

Toss veggies and chicken with olive oil, salt, and pepper (seasoning optional). Place on a baking sheet and bake at 450 degrees for 20 minutes. For a complete meal, serve with ¾ cup milk and a roll.

Lunch/Supper Crediting:  
8 Servings for ages 1-5  
cacfp.org



## Lunch/Supper Meal Patterns Serve All 5: Milk, Vegetables, Fruit, Meat/Meat Alternate and Grains

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit <sup>^</sup>	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\*A serving of milk is not required at supper meals for adults

<sup>^</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.