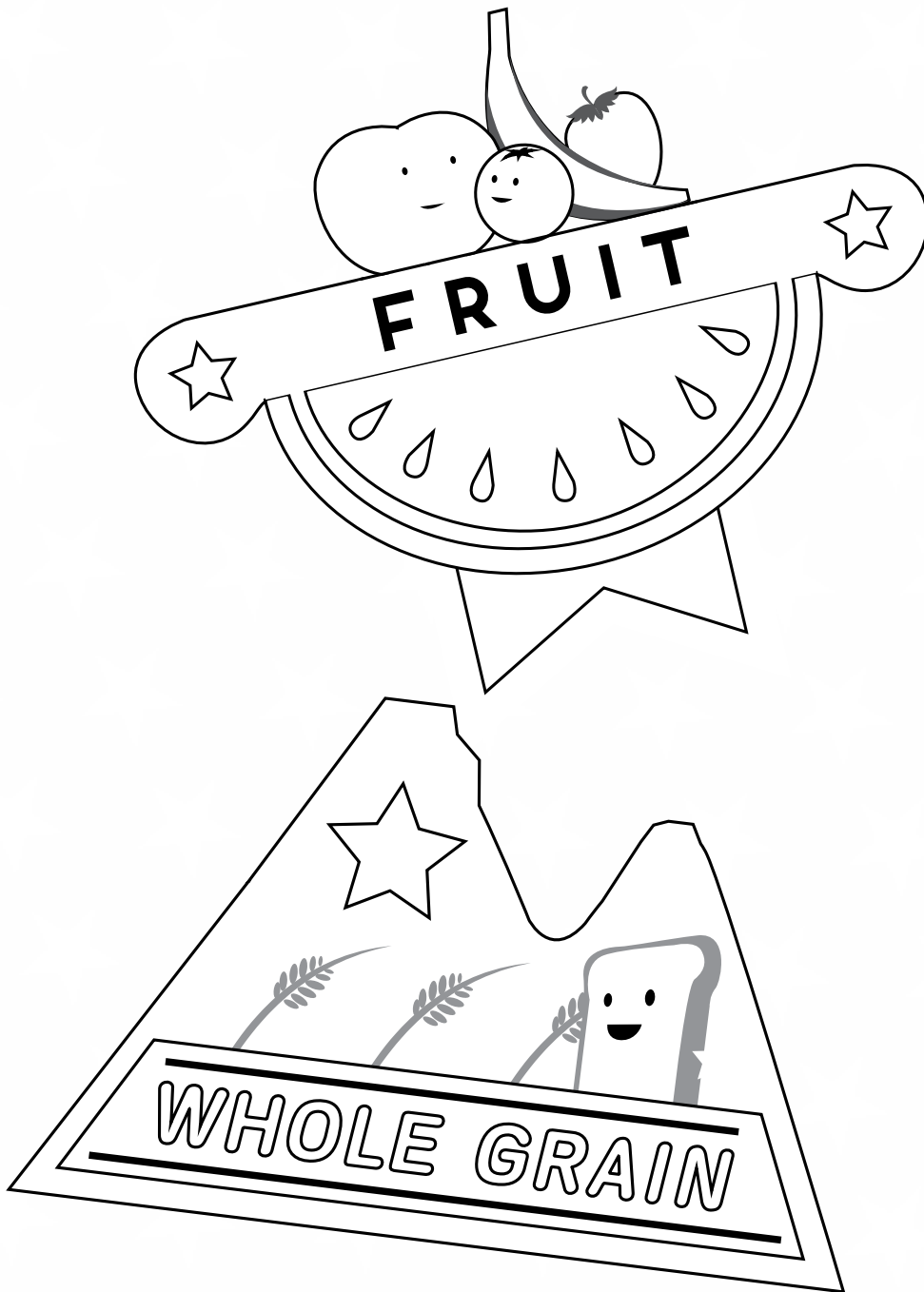


SCHOOL LUNCH
ACROSS THE USA

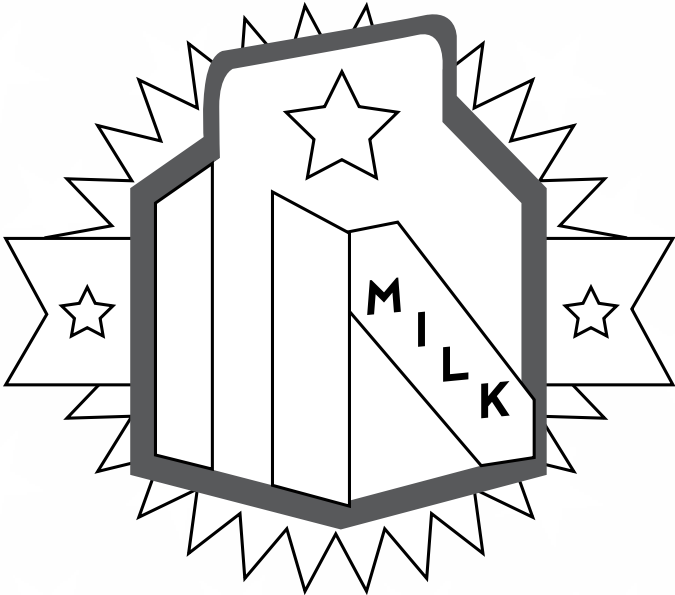
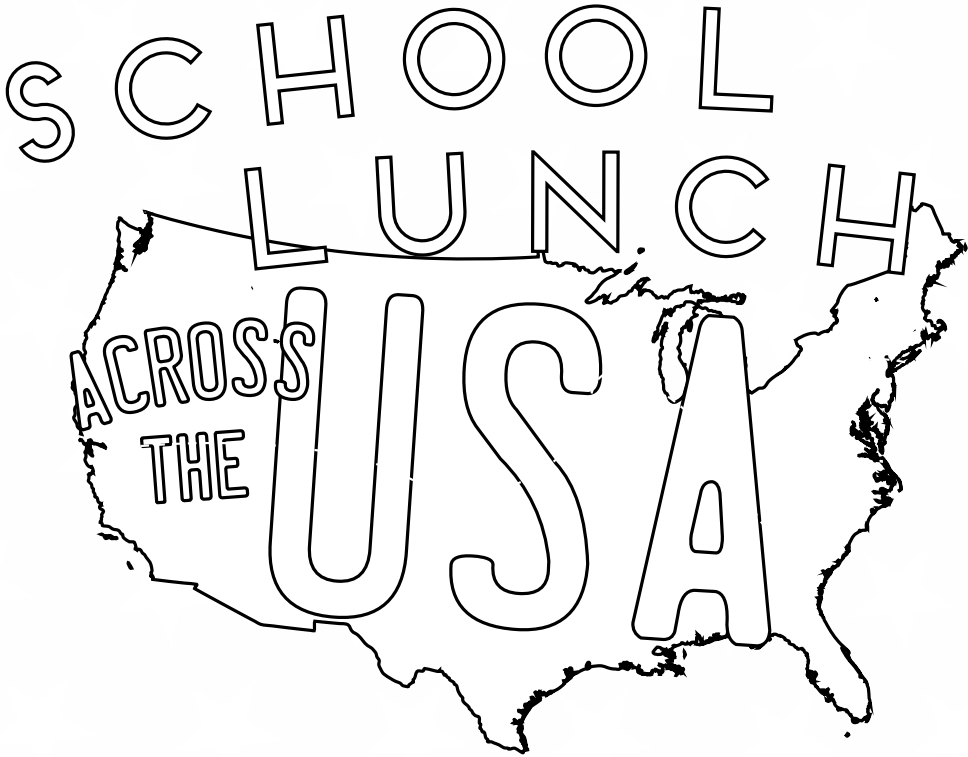
TM

Coloring Sheet





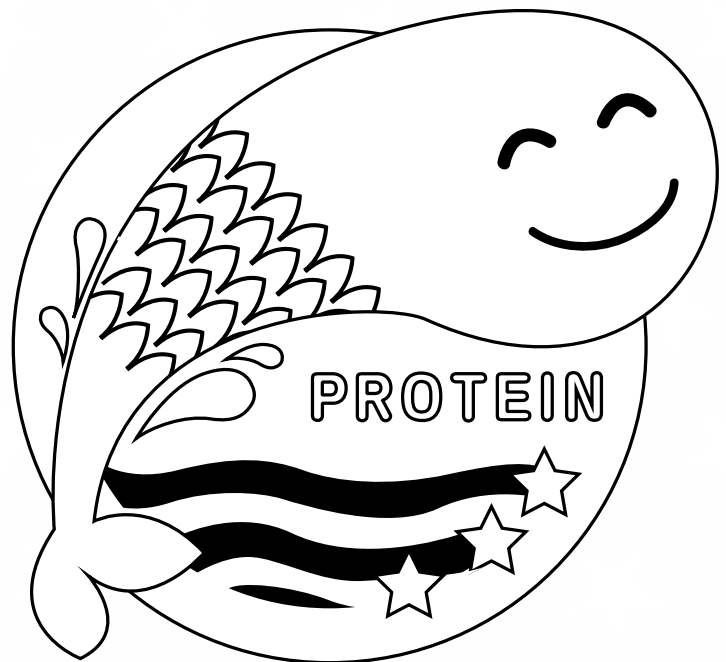
Coloring Sheet



SCHOOL LUNCH
ACROSS THE USA

TM

Coloring Sheet



SCHOOL LUNCH ACROSS THE USA

TM

“Across the USA” Word Search

Can you find the 12 words hidden in this word search? They can be up, down, forwards, backwards, and diagonal!

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

1. Farm
2. Beach
3. Bayou

4. City
5. Lake
6. Prairie

7. Mountain
8. Field
9. Hills

10. Orchard
11. Forest
12. Desert

SCHOOL LUNCH ACROSS THE USA

TM

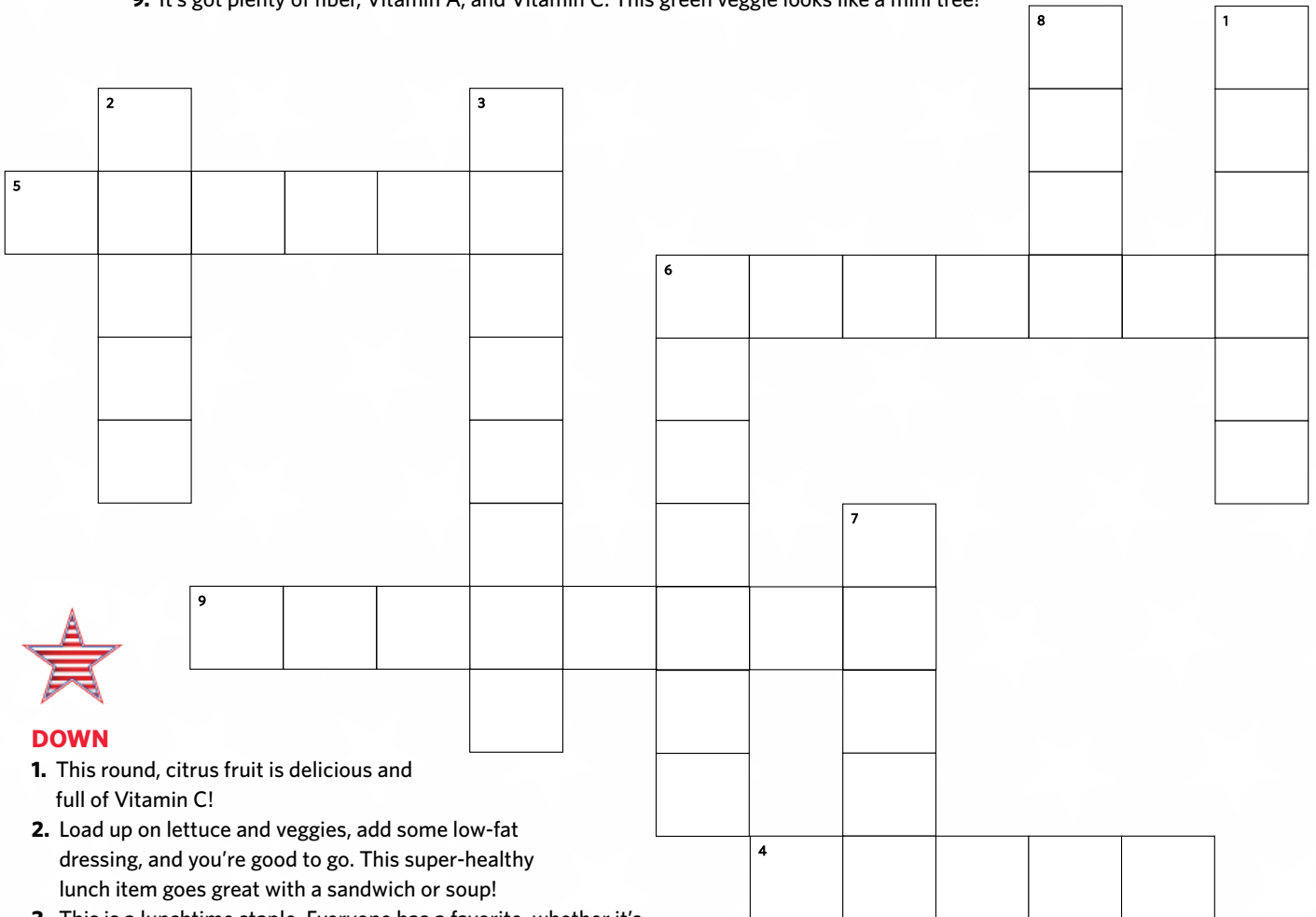
Lunchtime Cravings Crossword

Can you fill in the crossword puzzle based on the hints below?



ACROSS

4. Olé! Everyone loves these Mexican favorites. Crunchy or soft, chicken or beef, the varieties are endless. Add healthy fixings like lettuce and tomato for a nutrition boost!
5. This yummy yellow fruit contains plenty of vitamins and potassium. All you need to do is peel and eat!
6. Cluck, cluck! Grilled, BBQ-ed, in soup, or on a sandwich—there are plenty of ways to enjoy this protein source at lunch.
9. It's got plenty of fiber, Vitamin A, and Vitamin C. This green veggie looks like a mini tree!



DOWN

1. This round, citrus fruit is delicious and full of Vitamin C!
2. Load up on lettuce and veggies, add some low-fat dressing, and you're good to go. This super-healthy lunch item goes great with a sandwich or soup!
3. This is a lunchtime staple. Everyone has a favorite, whether it's PB & J, Turkey, Ham, or Tuna. Use whole grain bread and add veggies to make it healthier.
6. These crunchy orange veggies contain lots of Vitamin A, which is essential for good vision. They're a healthy, lunchtime food that goes great with low-fat dip.
7. This school lunch favorite is delicious and healthier than ever. Whole-grain crust, sauce, cheese and toppings—yum!
8. Cold, white and delicious. This lunchtime drink is loaded calcium and Vitamin D!

School Lunch Scramble

Can you unscramble these parts of a healthy school lunch, based on the clues below?

1. This healthy, tasty beverage has Calcium and Vitamin D keeps your bones strong!

____ I ____ M ____ L ____ K ____



2. Choose a serving of this everyday at lunch—it's sweet, colorful, juicy, and super healthy.

____ T ____ F ____ I ____ U ____ R ____

3. This variety of bread, pasta, and rice is healthier than white (and still delicious)

____ W ____ E ____ L ____ O ____ H ____

____ R ____ A ____ I ____ G ____ N ____

4. This comes from meats, beans, and nuts. It helps you build muscle and grow up strong.

____ T ____ P ____ O ____ N ____ I ____ E ____ R ____

5. These have vitamins and minerals you need to stay healthy. They come in many colors like green, orange, and even purple! Add some to your tray everyday.

____ V ____ T ____ A ____ G ____ E ____ B ____ S ____ E ____ L ____ E ____



SCHOOL LUNCH ACROSS THE USA

TM

USA Regions Matching

Can you match the part of the USA that these clues refer to?
Draw a line to connect the clue with the region it describes.



The Southwest

The West Coast

New England

The South

The Midwest

1. This part of the USA has beaches and surfing, movie stars, plenty of sunshine, and a rocky northern coast.
2. This is the land of cowboys, cacti, canyons, and coyotes! This region is known for spicy, flavorful food cooked with chilies.
3. Some people say this region is the friendliest part of the country. From the swampy bayou to the Carolina shore, food down here is slow cooked and full of flavor.
4. This region is the heart of the nation! Wheat fields, plains, and prairies —this region is neighbors with the great lakes. The food here is classic American food, and farms in this area produce lots of wheat and corn.
5. Whether you prefer the Red Sox or the Yankees, there's a lot to love about this part of the USA. This region is rich with history and has a beautiful rocky coast. Lots of fish and lobster come from this area!

Answers: 1. West Coast 2. Southwest 3. The South 4. Midwest 5. New England