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# SCHOOL LUNCHROOM MENU

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# Food pyramid



In the first floor there is the most important food such as bread and cereals that we have to eat daily. In the second there are fruits and vegetables that we have to eat 5 times a day. The third floor has dairy products, meat, fish, legumes and nuts, we have to eat them twice a day. And at the top of the pyramid we have sugary products that we needn't eat.

# SCHOOL MENUS

[https://www.canva.com/design/DAEayVcwRAA/DYj-Ybf8XpInC7pPcpIDxA/view?utm\\_content=DAEayVcwRAA&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink](https://www.canva.com/design/DAEayVcwRAA/DYj-Ybf8XpInC7pPcpIDxA/view?utm_content=DAEayVcwRAA&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

# Other school programs

- Italy: there is a canteen in which every days there is a different menu. Children mostly eat healthy food such as fruit, vegetables, soups and proteins like meat and fish.
- Poland: in the playground they use to eat jelly, pie, apple, banana, pear, orange, mandarins, yoghurt and donuts. And in the canteen for lunch the most typical dishes are: rice, different soups and creams, noodles, steamed dumplings, pasta, doves in tomato sauce, cutlet, zurek, pierogi, borsch, bigos, lazanki and fish.
- Spain: now because of the coronavirus we don't have the programs that we had. We had a not compulsory canteen and for the midday snack we had a program called "frutisana" which consisted of the delivery of fruit at the playground time.



# Other school programs

- Turkey: the National Education Ministry only pay school lunch of the students who live in villages and come to school by bus. According to the statistics, approx. 2 million students in the mobile teaching system. The meals of the lunchroom are controlled by engineers and they prepare 3 types of hot meals. Each school has a canteen and the leftovers are for the animals.
- Serbia: in the school canteen the most common dishes are egg sandwich, which has mustard, toasts, salami and egg yolks. Another one is oatmeal with banana, pasta salad, and grits with fruit or some fresh food as a dessert.



**THANK YOU VERY MUCH FOR WATCHING!!**

