“School Lunch—What’s on Your Tray?” helps children learn that eating a healthy and nutritious school lunch is essential to help them get the most out of their action-packed day! The highlight of the “School Lunch—What’s on Your Tray?” campaign is a personality quiz that allows children to identify their school lunch profile and learn which foods will keep them healthy, active and going strong!

Take the quiz with your child today at www.whatsonyourtray.org and find out if they are:

- Chilled
- Balanced
- Creative
- Strong
- Radiant

**For additional information about the School Nutrition Association (SNA), and school meals, please contact SNA at (800) 877-8822 or visit us online at www.traytalk.com.**

Made possible by: bodymilk.
“What’s on Your Tray?” Personality Quiz

What’s on your tray every day says a lot about you! Take the personality quiz to discover what your favorite foods and activities reveal about you. Plus, you might pick up a few healthy eating tips along the way!

Find out if you are balanced, chilled, creative, radiant or strong at www.whatsonyourtray.org.

“What’s On Your Tray?” Word Search

Can you find the “What’s On Your Tray” personalities and healthy food groups in the word search? Words can be written forwards or backwards.

- Balanced
- Chilled
- Creative
- Radiant
- Strong
- Vegetables
- Fruits
- Lowfat Milk
- Protein
- Whole Grains

Did you know?
A healthy and balanced school lunch should include the following:
- Fruits
- Protein
- Whole Grains

Check out this cool site to find a tray full of activities and information, including the “What’s on Your Tray?” personality quiz, memory game and easy nutrition tips.

www.whatsonyourtray.org