

# **DID YOU KNOW...**

**yogurt and  
milk have  
the  
perfect  
balance of  
proteins,  
carbs &  
fats?**



**#nationalschoollunchweek**

**DID YOU  
KNOW...**



**watermelons are**

**92%**

**water?**

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**DID YOU  
KNOW...**



**there are  
7,500  
varieties  
of apples?**

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**DID YOU  
KNOW...**

**tomatoes  
are  
a fruit?**



**#nationalschoollunchweek**