

# NUTRITION BREAK RULES

1. Stay in your seat.
  2. Eat your own food
  3. Talk quietly.
  4. Put up your hand to get help.
  5. Clean up any mess.
  6. Make one (1) trip to the garbage AFTER the bell.
  7. Put your food containers away.
  8. Go outside.
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- A brown paper lunch bag stands upright in the center. In front of it, a bright red apple sits on the left, and two slices of a sandwich are on the right. The sandwich slices are cut diagonally, showing a filling of meat and cheese. The background is plain white.