



مدرستنا الثانوية الانجليزية - الفجيرة

OUR OWN ENGLISH HIGH SCHOOL-FUJAIRAH

P.O. BOX 967, FUJAIRAH, UNITED ARAB EMIRATES | info@ourown.school | www.ourown.school | +971-92224855

Ref No: OOEHS/Cir/09/2022-23

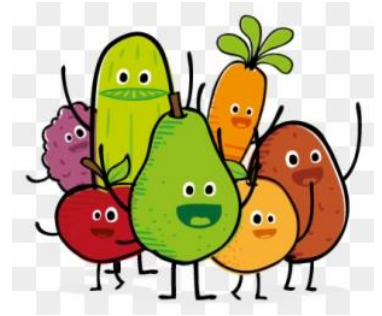
09/09/2022

Circular: Regarding Promotion of Healthy Eating

Dear Parents,

Greetings from OOEHS!

Please find below Healthy Breakfast Pack Ideas shared by the School Doctor:



HEALTHY BREAKFAST PACK IDEAS					
Protein (1 ounce)	Whole Grains (1-2 ounces)	Fruit (1/2 cup)	Veggie (1/2 cup)	Dairy (1/2 cup)	Fats, Oils & Other (1 tsp optional)
Egg (Hardboiled)	Whole grain Crackers	Clementine	Sugar snap peas	Milk or Non Dairy Milk alternative	Avocado or Guacamole
Tuna	Whole wheat wrap	Grapes	Baby carrots	Plain yogurt	Olives
Nut or seed butter	Mini bagel	Apple slices	Celery sticks	Shredded cheese	Pickles
Chicken	Brown rice	Kiwi	Radish coins	Ricotta Cheese	Mayonaise
Ground Turkey	Quinoa	Berries	Bell Pepper Strips	String cheese	Vinaigrette salad dressing
Chicken, Turkey, roast beef roll ups	Whole wheat pasta	Banana	Cucumber slices	Cottage Cheese	Yogurt based veggie dip
Chickpeas (canned or dried)	Tortilla Chips	Pineapple	Lettuce or Spinach "chips"	Pudding made with milk	All fruit jam
Black beans	Whole wheat pita pocket	Peach	Cherry tomatoes		Honey mustard
Almonds, walnuts	Popcorn	Mango	Salad		Hot sauce
Pumpkin seeds	Rice cake	Raisins	Broccoli flowers		Reduced sodium soy sauce
Trail Mix	Oatmeal	Diced plums	Jicama sticks		BBQ sauce
Edamame (Fresh or dried)	Sweet Potato	Dates	Coleslaw		Cream Cheese
	Granola	Melon	Salsa		Honey
	Dried cereal				

Warmest regards,

School Management



مدرستنا الثانوية الانجليزية - الفجيرة

OUR OWN ENGLISH HIGH SCHOOL-FUJAIRAH

P.O. BOX 967, FUJAIRAH, UNITED ARAB EMIRATES | info@ourown.school | www.ourown.school | +971-92224855
