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Sonnet about school lunches

Free Verse Song Lyrics Sonnet Haiku Limerick Ballad Back Writers Workshop Regular Forums Back Program Links Program Reviews Back College Links College Reviews College Essays College School Lunch Our school lunch is from outer space, endangering the human race. The meatballs bounce right from the ground. Fish pies could break a door. The bread was baked ten years ago. Burgers seem to grow. The chicken has chickenpox. The peas are frozen in the box. Spinach gives him gangrene legs. Fruit juice tastes like gasoline. The soup is salty like the sea. Franks explode like TNT. The salad bar - don't dare try it. The carrot cake once caused a riot. The deadly tuna pan can carry a hole right through the bowl. French fries could kick you out of your chair. Corn could make you lose your hair. The way they cook here is a crime, but lunch is still my favorite time. The previous poem, School Lunch, by Douglas Florian, is a good summary of how many students feel towards their school lunches. I can relate to most of the lines in this poem, because I have been served some pretty unpleasant food in my school cafeteria as well. I feel as if it is too often that students are served unhealthy, unattractive piles of slop for lunch or breakfast as a school. Sometimes meat is not fresh, nor are vegetables and fruits, which can lead to quite a disappointing meal time, especially when students who are growing up and learning to enjoy a good meal to keep them happy. The first couple of lines that say Our school lunch is from outer space, endangering the human race, seem quite accurate when considering what is served in some school cafeterias. While not all schools have this problem, I feel as though this is a growing concern and needs to be addressed. Students who are not eating lunch at school are more likely to be hungry at the end of the day and make unhealthy decisions once they return home in the afternoon. Although students don't always serve themselves the tastiest or most nutritious meals, I agree with the breaking authors that it sets out how lunch is still their favorite time. Lunchtime is a pleasant break from the stressful classes of your school day and should be accompanied by tasteful food. I usually really like this poem and can relate to it. You can find Elise posting regularly on The Joyful Mother Project. Packing school lunch. Am I the only one who feels that your blood pressure increases just by thinking about this daily task? For some reason, it just really emphasizes me outside. It's hard to balance both health and fun factors. Will they feel abandoned if I don't put cookies on their lunch? Will they be mocked because I put a hard-boiled egg on it? Well, I wish I could tell you that I have some great ideas to take all the out of school lunch planning and packaging... I don't. You are welcome to post your great ideas on this in the comments below (hint, advice). What I'm offering is some ideas on how to use your lunch to reconnect with your kids. Once a day, your child will open this box or bag from home to fill the nutritious foods that you have packed for them. You can use this opportunity not only to connect with your stomachs, but also to reconnect with your minds and hearts. I found that for us, the best way to do this is through lunchbox notes. I know this is not a new idea at all. Each mother has at one time or another put notes on her children's lunchboxes. I put a note on my children's lunches every day. I know it can seem overwhelming (and sometimes it really is, I'm not going to lie), but I do it because it's been so important to them. But how can you think of something new to write every day of the school year? Below I'm giving you some ideas for ways to keep lunchbox notes fun and fresh throughout the 180 days of the year for your kids, and less stressful for you. For starters, all you need are some sticky notes and a pen. If you want to get fancy with cute paper and fun pens, that's a really nice touch. But you don't need all that, if you don't have it. Write a poem Now Wait - don't worry. No, I'm not telling you to write a sonnet on top of your head. I have a rhyme that I fall over and over again (sometimes 2 or 3 times a week) that I change to suit my whim. You know the children's rhyme Roses are red, the violets are blue... Well, you can easily switch to make a nice little rhyme to suit your whim of the day, and it gives you a foundation to work with. For example: Roses are red Violets are blue While you're gone I'll be thinking of you or roses are red The grass is green You're the coolest kid I've ever seen or Roses are red Our grass is brown It's the saddest grass In the whole town or Roses are red Sometimes they're pink I hope you brush your teeth Because your breath doesn't stink! This one was very special, with a singing. ☺ do you see how easy this is? You can come up with something that works around this silly rhyme in 10 seconds flat and your kids think it's smart and fun. Jokes Sometimes, when I feel out of creative inspiration, I turn to internet and google kids jokes and write the riddle on one side, and the punchline on my back. Right now I have a few screen shots saved on my phone with a few good jokes just waiting to be used. My kids love it, and share them your friends at the lunch table and often come home and talk about how much they loved the joke that day. Yesterday's joke was What do you get when a cow jumps on a tram ?.... A baton! I even drew a picture of a cow on a trambed. It was horrible, horrible. My kids think I'm funny. Score! A line of a song this is super fast and easy. There are a lot of love songs that have lines in them that will apply to your dying love not only for your spouse, but also your children. There are also a lot of songs that are of an inspiring nature. Try to write a line from one of his (or his) favorite songs: Wherever you go, whatever you do, I'll be here waiting for you... You're so beautiful... for me! Don't you see?? You're everything I expected. You're all I need. You are so beautiful ... for me!!! Eii! I'm not giving up today! There's nothing in my way, and if it hits me more - I'll get back up again! If something goes a little wrong, so you can go ahead and take it forward! Because if you touch me, I'll get back up! I have the eye of the tiger, a fighter, dancing through fire, because I am the champion, and you will feel me rooooooar!!! Love is an open doooooor! I mean it's crazy... What? We end up with each other – sandwiches!... You - and I - are just meant to be! This idea is fun, easy, and there is an endless range of inspiration. Just turn on the radio or Pandora and type some letters. Your children who are music lovers will especially appreciate this one. A Compliment or Thank you I use them sparingly, so they mean more when they get them. I use them more often in two situations: one, when a child has done something extra awesome lately that I want to get attention to; and two, when they are fighting or down and I think maybe they could use some kind words. I've realized lately that you've been such a sweet and attentive sister. Your little sisters love you very much, and I can see why. Thank you very much. I'm so proud of you. I was so impressed with how well you did the dishes and cleaned the kitchen yesterday! You're a great helper. I don't know what I would do without you! Everyone loves to be grateful or congratulated, and our children are no exception. Use this as an opportunity to let them know from afar that you appreciate and recognize their growth and efforts. A simple sketch in especially chaotic and hasty mornings, sometimes I just don't have the time or brain juice to get to anything. I used to try to skip the lunchbox note. But children would always mention it after school. Where was my lunch note? I really missed it. Knife in the heart. So in these hasty mornings, I'll do a simple drawing that won't win any prizes, but let the kids know I'm thinking of them. A sketch of our family, or just me and them holding hands. In really hasty mornings, only a simple I (heart) U will suffice. If you've never tackled a landscape design before, you may be overwhelmed by options options can do. But the same principles that guide your room settings insid should guide your designs outside, too. By the way, Gravel is one of the best landscaping materials to use in the yard. Many owners use gravel for their gentle appeal in outer space. It's easy to maintain a gravel landscape. Conclusion Lunchtime can be a great way to reconnect from afar with your children during the school day. Take advantage of this using lunchbox notes! The point is not perfection. The point is that they know I'm thinking about them while they're away. Question: Do you put notes on your children's lunchboxes? What are some unique ideas you've used to keep it fun? Challenge: Use one of these ideas this week to add a little more to your child's lunch! Get more lunch ideas here: Origami Heart Love Notes Free Printable Lunch Box Notes School Lunch Ideas (which your kids will really eat!) Save Save Facebook Twitter Email is green and dirty, kind of icky, smells like sewers and is really sticky. The bread was baked ten years ago, the burgers look like they will grow,The chicken has the chicken smallpox, the peas are frozen in a box. Unpleasant meat cooked halfway through I think my face is turning gray, I think this soup is twelve years old. The chips are not fried, they are still very cold! Spinach gives you gangrene legs, fruit juice tastes like gasoline. The soup is salty as the sea, the franks explode as TNT. The salad bar - don't you dare try it, the carrot cake once caused a riot. The deadly tuna casserole can give you a hole right through the bowl. Chips could kick you out of the chair, corn could make you lose your hair. We know school isn't rich, but they can't give us cold dish. Dish.

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