# At lunch

Point to ask for what you need, to choose, and to talk with friends at the table.

## I need



help

open this, please



a spoon



a fork



a napkin



a straw



ketchup



more

I'm full



all done



bathroom



I spilled

## Food



pizza



nuggets



sandwich



apple



banana



fruit cup



carrots



salad



yogurt



chips



cookie



milk

## Talk



hi



sit with me



I like it



I don't like it



too loud



thank you



Pictures and layout © 2026 LMNOP LABS LLC

# Lunch at school

What happens at lunch, from washing hands to recess. Point to each picture as it happens, and cross out what's different at your school.

1



wash my hands

2



line up

3



get my lunch

4



find a seat

5



eat my lunch

6



clean up

7



throw away trash

8



recess

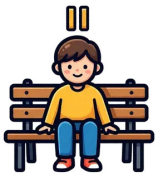
## When the lunchroom is too loud



headphones



a quiet place



a break



deep breaths



sit with a friend



tell a grown-up



Pictures and layout © 2026 LMNOP LABS LLC

# Lunch cards

Cut on the dashed lines. Keep the big cards in the lunch box, and the small ones on a key ring.



**Please open this.**

Point to it, or hand it over.



**I'm still eating.**

Please give me a little more time.



**It's too loud here.**

Can I eat somewhere quieter?



**Can I sit with you?**

Point to the seat, or say yes.

## Small cards for a key ring



spoon



fork



napkin



straw



ketchup



milk



water



help



Pictures and layout © 2026 LMNOP LABS LLC