

HEALTHY PACKED LUNCHES

YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE ONE PORTION OF:



FRUIT



VEGETABLES



**MEAT, EGG,
BEANS OR
FISH**



**STARCHY FOOD
E.G. SANDWICH,
RICE OR PASTA**



**MILK, CHEESE
OR YOGHURT**



**BOTTLE OF
WATER**

YOUR CHILD'S PACKED LUNCH SHOULD NOT INCLUDE THESE FOODS:



**CHIPS &
OTHER HIGH
FAT SNACKS**



**CHOCOLATE
BARS, SWEETS,
CAKES**



**PASTRY/FRIED
FOODS**



CEREAL BARS



SOFT DRINKS

