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Build a Healthy Lunch Box

Create a Main Pick a portion from each of the three groups below	Snack Choose one or two delicious snacks	Fruit & Veg Add two of your 5 portions a day
 Wholemeal Bread  Wholemeal Tortilla Wrap	 Bread Sticks  Hummus	 Apple  Mange tout
 Wholemeal Pasta  Bagel	 Flagjack  Plain Rice Cakes	 Carrot Sticks  Peach Slices
 Tuna  Egg	 Plain Popcorn  Rice Pudding	 Satsuma  Celery
 Ham  Chicken	 Plain Cracker  Sugar Free Jelly	 Cucumber Sticks  Banana
 Cucumber  Lettuce	 Cheese Cubes  Dried Fruit	 Strawberries  Broccoli
 Sweetcorn  Tomato	 Low Fat Yogurt  Small Malt Loaf	 Cherry Tomatoes  Grapes

Choosing what to put in your child's lunch box each day can be challenging! We hope you find this guide helpful. We ask that you put no more than 5 items of food into your child's lunch box and that you do not include any nut based products or chocolates/sweets. Please remember to include a drink (additional to their school water bottle). This is only a guide, so feel free to make other healthy choices for your child that are not included on this lunch box builder.

We are proud to hold Healthy School status and thank you for your support in encouraging the children to make healthy choices with their food.