Ideas for a Healthy Lunch Box

1. A Sandwich, Wrap, Bagel, Roll, Chapatti, Pasta or Crackers.

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A choice of filling – Chicken, Cheese, Ham or Tuna.

1. A Portion of Fruit or Vegetables –

Strawberries, Grapes (cut vertically), Kiwi, Melon,

Carrot, Peppers, Cherry Tomatoes (cut) or Raisins.

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1. A Dairy Choice –

Fromage Frais, Yogurt or Cheese.

1. A Healthy Extra –

Malt Loaf, Biscuit, Small Cake Bar or Plain Popcorn.



1. A Drink –

No Added Sugar Squash or Water.