














# Learn how to make a HEALTHY LUNCH BOX










## Fruits

 Apples	 Pineapple	 Blueberries
 Oranges	 Watermelon	 Cantaloupe
 Strawberries	 Bananas	






## Proteins

 meat	 Egg	 Tofu
 Fish	 Yogurt	



## Vegetables

 Tomatoes	 Broccoli	 Carrots
 Celery	 Cucumber	 Peppers
 Peas		

## Starches

 Bagel	 Bread	 Crackers
 Pasta	 Pretzels	

## Drink

 Water	 100% fruit juice
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Choose 1 from each group

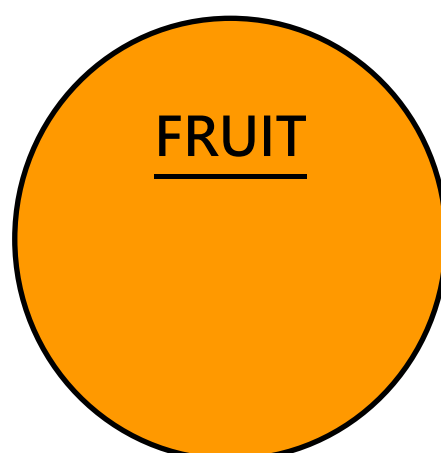
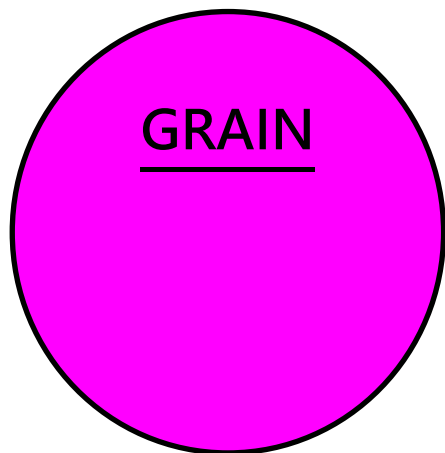
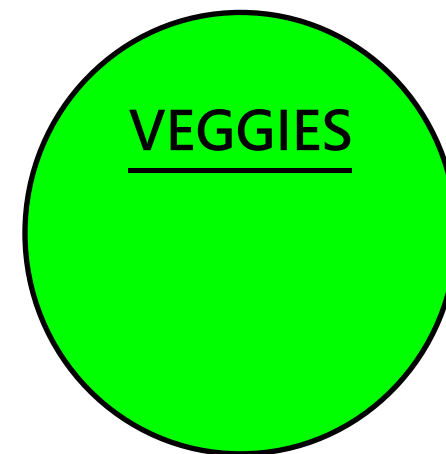
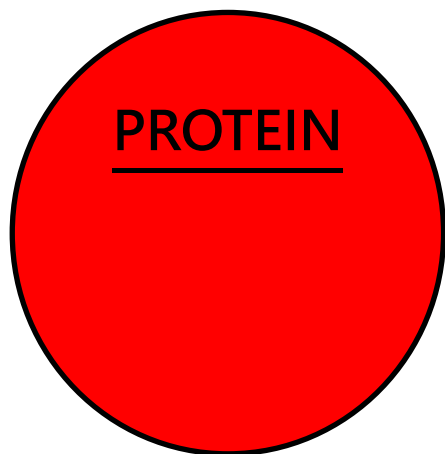
This guide is not exhaustive

Any concerns will be communicated with parents/carers.

We are a Health Living Healthy Lives school. We encourage all parents / carers to follow this guidance, which meets the guidance provided by the School Food Standards UK.



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