

Learn how to make a HEALTHY LUNCH BOX



Fruits



Apples



Pineapple



Blueberries



Oranges



Watermelon



Cantaloupe



Strawberries



Bananas

Proteins



meat



Egg



Tofu



Fish



Yogurt

Starches



Bagel



Bread



Crackers



Pasta



Pretzels

Vegetables



Tomatoes



Broccoli



Carrots



Celery



Cucumber



Peppers



Peas

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.

Healthy Learning
Healthy Lives



Water

Drink



100% fruit juice

