

## Healthy lunch box options:

*Foods from the top tier of the food pyramid should not be included in your child's lunchbox*



### Snacks:

Try ... whole meal muffins, banana muffins, houmous and carrot sticks, scones, flapjacks, washed raw vegetables, fruit for example banana, handful of grapes, easy peel mandarin, ring of pineapple, dried fruit, crackers and cream cheese, crackers, mini quiche, fromage frais, breadsticks, crispbreads, natural or low fat yogurt with fresh fruit (fresh, frozen or tinned in its own yogurt)

### Drinks

*Gulp down ... water, milk, unsweetened fruit juices, homemade smoothies*

### Carbohydrates

*What about ... whole-grain breads, rolls, bagels, wraps, oatcakes, crackers, pitta, rice, ricecakes, pasta*

Fillings could include: houmous, tuna, cheese, ham and cheese, chicken and cheese, fish fingers, salad, mashed egg