

Lunch Box Guide

At least 1 portion of fruit or vegetables



A starchy food item such as a sandwich with a healthy filling, pasta, rice, etc...



Water, fruit juice (max 150ml), low sugar smoothie or yoghurt drink



A dairy item such as milk, cheese, yoghurt, etc...



A maximum of 1 'red label' food item in addition to the above

ENERGY 977KJ 235kcal 12%	FAT 15.7g HIGH 22%	SATURATES 1.7g MED 9%	SUGARS 4.3g LOW 5%	SALT 0.72g MED 12%
------------------------------------------	------------------------------------	---------------------------------------	------------------------------------	------------------------------------

Chocolate and sweets are not permitted



