

HEALTHY & DELICIOUS LUNCHBOX IDEAS



To fill you up

Bread
Wrap/Pitta
Pasta
Potatoes
Rice
Cous-Cous

To help you grow

Eggs - boiled
or scrambled
Cheese - strips,
slices, triangles
Yoghurt

To help you grow

Fish - Tuna,
Salmon, Prawns
Meat - Ham, Turkey,
Chicken
Meat alternatives

To keep you healthy

Apples
Bananas
Grapes
Carrots
Cucumber

A little sweet treat

Granola Bar
Jelly
Fruit Kebabs
Dark Chocolate

AVOID

Energy Drinks &
Too much sugar

