**LUNCH BOX IDEAS**

STARCHY FOODS

Bread (brown/wholemeal/seeded)

Rice

Potatoes

Pasta 

Pita Bread

Bagels

Wraps



PROTEIN

Tuna

Salmon

Boiled Eggs

Beans

Beef

Chicken

DRINKS

Water

Diluted Fruit Juice

DAIRY Yogurt

Cheese

VEGETABLES/FRUIT/SNACKS

Strawberries

Melon

Orange Segments

Apple

Grapes

Cucumber

Carrot Sticks

Dried Fruit

Rice Cakes

Bread Sticks

Crackers

* Freeze the water overnight to act as a coolant in the lunch box.
* Avoid yogurts on hot days