








# Mundella Primary School

## ★Five★Star★Lunch★Box★



CARBOHYDRATE	DAIRY	FRUIT / VEGETABLES	SNACK / TREAT	DRINK
<p><b>Pasta</b> <b>Bread</b> <b>Potato</b> <b>Rice</b></p> <p>(flavoured or filled to taste of child, consider removal of crusts or skins)</p>	<p><b>Plain Milk</b> <b>Yoghurt</b> <b>Cheese</b></p> <p>(Preferably not toy foods like strings, strips etc.)</p>	<p><b>Prepared pots</b> <b>Whole fruits</b> <b>Veg Sticks</b></p> <p>(Preferably not toy foods like winders etc.)</p>	<p><b>Crisps</b> <b>Plain Popcorn</b> <b>Cereal Bar</b> <b>Biscuit</b></p> <p>(Please avoid high sugar and high salt snacks)</p>	<p><b>Water</b></p> <p>(Plain old corporation Pop. No flavours, no squash, just water.)</p>
				

A healthy lunch should have each of these items within it. Slow burning carbohydrates for long lasting energy, dairy for bones and good fats, fruit and veg for vitamins and minerals, healthy treats for happy lunches and plain water for ideal hydration.