

Build Your Own Lunchbox

Choose one item from each category

Main Course

- Sandwich
- Roll
- Wrap
- Pita
- Pasta salad
- Soup
- Pizza slice

Fruit

- Grapes
- Cherry tomatoes
- Apple slices
- Orange segments
- Satsuma
- Watermelon cubes
- Pear slices
- Pineapple chunks
- Kiwi slices
- Berries
- Apricot/Peach/Nectarine/Plum
- Dried fruit e.g apricots/prunes
- Banana

Veg

- Cucumber sticks
- Celery sticks
- Carrot sticks
- Red or yellow pepper slices
- Snap peas
- Baby sweetcorn
- Avocado slices

Snacks/Grains

- Rice cake
- Popcorn
- Pretzels
- Raisins
- Trail mix
- Cereal
- Baked tortilla chips
- Hummus or dip
- Olives
- Crispy chickpeas
- Breadsticks
- Flapjack
- Fruit leather/Fruit winder
- Scone
- Muffin
- Energy balls
- Pancake

Protein/Dairy

- Boiled egg
- Slice of ham or chicken
- Cheese cubes
- Babybel
- Yogurt/tubes
- Cheese triangle
- Soft cheese dip
- Egg mayo
- Tuna
- Mini quiche