Is there a food from each of these groups in your lunch box every day?

**Bread**
Bread roll, a slice of bread, pita bread, flat bread, fruit loaf, scones, rice cakes, pikelets, crisp breads, crackers, noodles, rice, pasta

**Lean Meats**
Ham, chicken, tuna, salmon, eggs, baked beans, lentils

**Fresh Fruit**
Banana, grapes, small apples, plums, mandarins, apricots, chopped fruit salad or tinned fruit in natural juice (e.g. Tinned peaches, pears)

**Vegetables**
Shredded lettuce or grated lettuce in a sandwich, vegetable sticks (e.g. Carrot, celery) or in a salad (e.g. Cherry tomatoes, cucumber, capsicum, green beans or corn)

**Dairy Products**
Fruit yoghurt, cheese stick, cheese slices, custard, milk, calcium fortified soy products

**Drinks**
Water and or Fruit Juice

Keep lunches cold by freezing drinks or storing in an insulated lunch box bag.