






What's in your lunch box?

				
<p>Fruit and Vegetables (apple slices, grapes, cherry tomatoes, raisins, carrot sticks, cucumber)</p>	<p>Protein (meat, fish or other source of non-dairy)</p>	<p>Starchy food (bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps)</p>	<p>Dairy food (milk, cheese, yoghurt or fromage frais)</p>	<p>Drink (water, fruit juice, milk, yoghurt drink or smoothie)</p>