

LEAPS

learning eating active play sleep

Lunchbox Combinations

4 - 8 years



This lunchbox consists of the following:

- Lean ham, cheese and salad sandwich
- 1 mandarin
- 2 pikelets with jam
- 200ml yoghurt
- Carrot and celery sticks
- Water



This lunchbox provides the following number of serves from the five food groups:

Food Group	Serves
Grains (cereal) foods	2½
Milk, yoghurt, cheese and/or alternatives	1
Fruit	1
Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans	½
Vegetables and legumes/beans	2