



Weekly lunchbox planner

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack Use your child's appetite as a guide. Pack fruit and vegetables.					
Lunch Pack an ice brick to keep food safe to eat.					
Afternoon snack Useful if you have a long trip home. Must be safe for a whole day at room temperature.					
Drink*	water	water	water	water	water

* Water is best. A small frozen carton or bottle of plain milk is another good option.