

SWAP IT EVERYDAY LUNCHBOX PLANNER

- Veg & Fruit Break:** Vegetables or fruit
- Recess:** Vegetables or fruit + 1-2 everyday snacks
- Lunch:** A meal made with everyday foods, such as a sandwich, pasta, rice meal or salad
- Drink:** Water and/or reduced fat plain milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veg & Fruit Break:	Veg & Fruit Break:	Veg & Fruit Break:	Veg & Fruit Break:	Veg & Fruit Break:
Recess:	Recess:	Recess:	Recess:	Recess:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Drink:	Drink:	Drink:	Drink:	Drink:
Ice brick or thermos:	Ice brick or thermos:	Ice brick or thermos:	Ice brick or thermos:	Ice brick or thermos:

