

## What Should I pack in my child's lunchbox?

### Fruit

We have 1 fruit break each day between at approximately 10.00am.  
We encourage students to bring a piece of fruit to school each day.

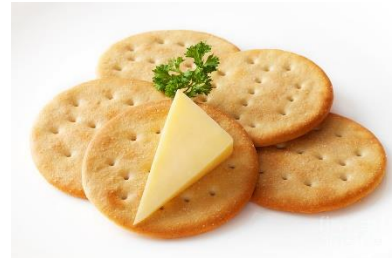
Strawberries, apples, mandarins, sultanas, bananas, kiwifruit etc.



### Snacks

The students need some snacks for recess time.

Carrot sticks, celery, cheese and biscuits, muffins and yoghurt make great snacks.



(Please try to avoid having chocolates, lollies and party type foods too often.)

### Lunch

Sandwiches, rolls, saladas, vegie slices, rice, pasta etc.

(Please provide an ice-pack for any meats.)



### Drinks

We like the students to have a drink of water as they need it.

To reduce disruptions to learning times, all students are encouraged to bring a water bottle to school each day to keep on their table. Please make sure it is named. Students may like to bring other drinks to have at recess or lunch.

