



Scoil Bhríde, Kill , Co Kildare

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Fruit and Veg Lunchbox Ideas.

Fruit

Apple chunks
Orange segments
Banana
Raisins
Strawberries
Raspberries
Blueberries
Grapes
Plums
Peaches
Cherries
Mango chunks
Pineapple chunks
Melon chunks

Homemade Smoothie (100ml)

****Remember Fruit Juice/ Fruit yoghurts DO NOT count**

Vegetables

Carrot Sticks
Tomatoes
Cucumber
Pepper Sticks

Broccoli
Sweetcorn
Beans
Lettuce
Coleslaw
Celery Sticks

Vegetable chips (sliced veg roasted in oven)

****TIP:** put some dip/hummus to enjoy your vegetables with

****Remember sandwich fillings DO count**

Stick this on your fridge to remind you what you can bring in your new lunchboxes each day

