

# LUNCH BOX IDEAS

Semi-skimmed milk

Whole wheat bread


Banana

245 kcal  
Energy

38 g  
Carbohydrates

12 g  
Protein

4 g  
Fiber



Low-fat milk or vegetable beverage

Watermelon


Homemade oatmeal cookie

270 kcal  
Energy

40 g  
Carbohydrates

9 g  
Protein

1 g  
Fiber



Whole wheat bread with cheese

Walnuts


Carrot sticks

213 kcal  
Energy

19 g  
Carbohydrates

7 g  
Protein

4 g  
Fiber



Low-fat yogurt sweetened with honey

Unsweetened Muesli

Strawberry

256 kcal  
Energy

36 g  
Carbohydrates

11 g  
Protein

3 g  
Fiber



Use colorful containers and utensils **adapted to the child's age**.



Invest in containers that **maintain the temperature**, and pay attention to the conservation of fruits, milk and dairy products.



Make **fun cuts in the fruits** or use **molds** to shape cookies and other foods and preparations.