


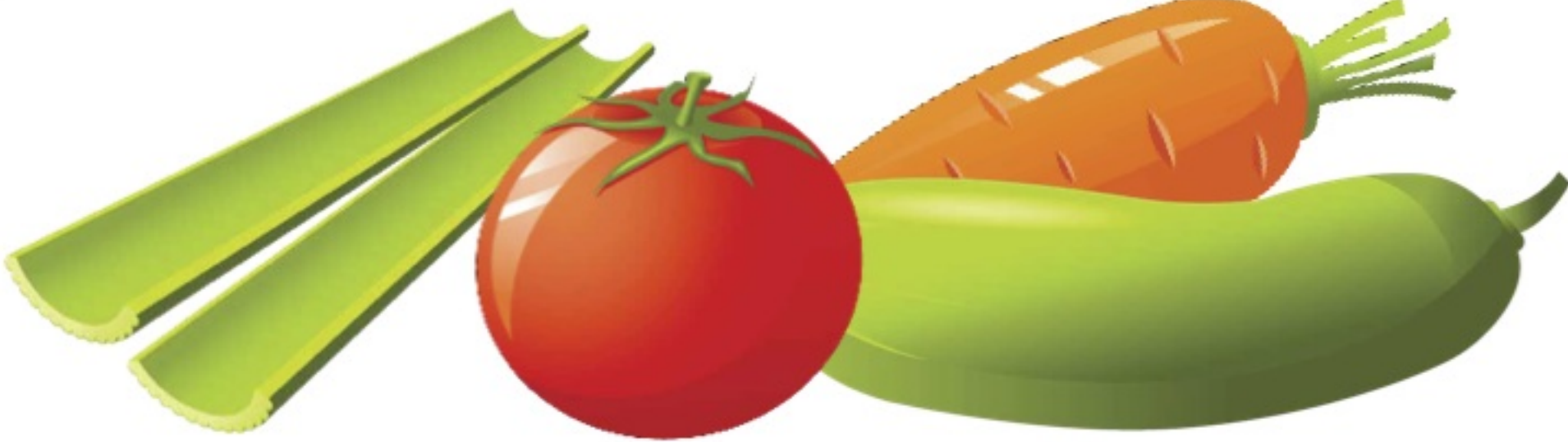



# WHAT GOES IN MY LUNCHBOX



<b>FRUIT (2 PIECES)</b>	
<b>SANDWICH, WRAP OR ALTERNATIVE</b>	
<b>DAIRY</b>	
<b>VEGETABLES (2 PIECES)</b>	
<b>FIBRE/GRAINS (Wholegrains)</b>	
<b>WATER</b>	