

# FRUITY LUNCH BOX MENU – NUT FREE

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WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack 1</b>	Tinkie	Kellogg's Crispies Bar	Kellogg's C/Pops Bar	Flings	Willards Cheasnaks
<b>Snack 2</b>	Fruit Cubes 50g	Mango Strips 50g	Banana Chips 50g	Strawberry Cubes 50g	Wonder Bar Choc
<b>Snack 3</b>	Natures Valley Bar	Fruit Stick	Melrose Cheese	Natures Valley Bar	Fruit Stick
<b>Juice/Water</b>	Juice 200ml	Still water-330ml	Tropika 200ml	Still water-330ml	Milo Drink

WEEK 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack 1</b>	Tinkie	Fruit Stick	Melrose Cheese	Banana Chips 50g	Custard
<b>Snack 2</b>	Kellogg's C/Pops Bar	Mini Cheddar Biscuits	Fruit Cubes 50g	Natures Valley Bar	Kit Kat 2 Fingers
<b>Snack 3</b>	Strawberry Cubes 50g	Milo Cereal Bar	Special K Bar	Mini Cheddar Biscuits	Fruit Stick
<b>Juice/Water</b>	Tropika 200ml	Still water-330ml	Juice-200ml	Still water-330ml	Juice-200ml

WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack 1</b>	Tinkie	Special K Bar	Fruit Stick	Strawberry Cubes 50g	Smarties
<b>Snack 2</b>	Kellogg's Crispies Bar	Mango Strips 50g	Oreo Biscuits	Natures Valley Bar	Kellogg's Crispies Bar
<b>Snack 3</b>	Fruit Stick	Melrose Cheese	Kellogg's C/Pops Bar	Melrose Cheese	Banana Chips 50g
<b>Juice/Water</b>	Juice-200ml	Still water-330ml	Tropika 200ml	Still water-330ml	Juice-200ml

WEEK 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack 1</b>	Tinkie	Fruit Stick	Melrose Cheese	Fruit Stick	Custard
<b>Snack 2</b>	Strawberry Cubes 50g	Diddle Daddle Popcorn	Mango Strips 50g	Banana Chips 50g	Fruit Cubes 50g
<b>Snack 3</b>	Kellogg's C/Pops Bar	Natures Valley Bar	Special K Bar	Milo Cereal Bar	Natures Valley Bar
<b>Juice/Water</b>	Juice-200ml	Still water-330ml	Juice-200ml	Still water-330ml	Juice-200ml