

# DAY ONE

WITH DANONE



## A BALANCED LUNCHBOX FILLED WITH NUTRITIOUS FOODS IS IMPORTANT FOR GROWING CHILDREN.

Snacking is the perfect opportunity to get key nutrients that fuel your child's growing brain and body. What's more, healthy snacking encourages healthy food choices as a habit from as early as childhood and will stay a good habit for the rest of their lives!

FOLLOW THIS SAMPLE MENU PLAN FOR LUNCHBOX INSPIRATION AS YOUR KIDS GO BACK TO SCHOOL!

### LUNCH DAY 1

HOMEMADE  
POPCORN

SLICES OF HAM  
& CHEESE

GRAPES

STRAWBERRY  
FLAVOURED NUTRIDAY  
JUNIOR YOGHURT

WATER

### LUNCH DAY 2

APRICOT JAM &  
PEANUT BUTTER  
SANDWICH ON  
WHOLEWHEAT  
BREAD

BOILED EGG

CUCUMBER STICKS

NECTARINE

WATER

### LUNCH DAY 3

WHOLEWHEAT BREAD  
ROLL WITH TUNA &  
MAYONNAISE

CARROT STICKS

BANANA

MIXED FRUIT  
FLAVOURED NUTRIDAY  
JUNIOR YOGHURT

WATER

### LUNCH DAY 4

WHOLEWHEAT  
CRACKERS  
HUMMUS  
CHEESE CUBES

BABY TOMATOES

CHOPPED  
STRAWBERRIES

WATER

### LUNCH DAY 5

CHICKEN MAYO ON  
BROWN WRAP WITH  
CHOPPED LETTUCE  
AND CARROT

APPLE

APRICOT FLAVOURED  
NUTRIDAY JUNIOR  
YOGHURT

WATER

NutriDay  
Junior is a  
source of  
Iron and  
Zinc



Don't forget to add a personal touch! Draw a face on a banana with a marker pen, cut sandwiches into shapes using a cookie cutter or tuck a surprise – like a special note – into your child's lunchbox.



**Choose Well**