

# Weekly Planner

Discuss with your child and write down some healthy food choices that they will eat. Suggest trying one new food a week. This is a great tool when you're wondering what to pack on a particular day. Revise and update regularly throughout the year as your child progresses and tastes change.



Don't forget the water bottle!



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Protein (Choose 2)

Protein (Choose 2)

Protein (Choose 2)

Protein (Choose 2)

Protein (Choose 2)

Fruit (Choose at least 1)

Fruit (Choose at least 1)

Fruit (Choose at least 1)

Fruit (Choose at least 1)

Fruit (Choose at least 1)

Vegetable (At least 1)

Vegetable (At least 1)

Vegetable (At least 1)

Vegetable (At least 1)

Vegetable (At least 1)

Whole Grain (At least 1)

Whole Grain (At least 1)

Whole Grain (At least 1)

Whole Grain (At least 1)

Whole Grain (At least 1)

# Lunchbox CHampions