



# Lunchbox Bingo! – make sure every food group has at least one tick.

CARBOHYDRATE  
 PROTEIN  
 CALCIUM  
 FRUIT  
 VEGETABLE  
 DRINK

## MONDAY – SAMPLE

Pasta in tomato pasta sauce with cooked chicken and grated cheese	✓	✓	✓			
Yogurt with frozen berries and honey		✓	✓	✓		
Carrot sticks					✓	
Milk			✓			✓

## TUESDAY


## WEDNESDAY


## THURSDAY


## FRIDAY


KEY: ✓ = NUTRITIONAL COMPONENT INCLUDED