**Today’s Lunchbox Checksheet (for teachers)**

**Tick the items you had in your lunchbox today:**

|  |  |  |
| --- | --- | --- |
| **Item** |  | **🗸** |
| **Bread / roll / pitta / rice/ pasta** |  |  |
| **Meat**  **(eg bacon, ham, chicken etc)** |  |  |
| **Fish**  **(eg tuna, salmon, prawns etc)** |  |  |
| **Cheese (full fat)** |  |  |
| **Egg** |  |  |
| **Crisps** |  |  |
| **Biscuit** |  |  |
| **Cake** |  |  |
| **Fruit / vegetables / salad** |  |  |
| **Chocolate / sweets** |  |  |
| **Yogurt (low fat)** |  |  |
| **Milk (semi-skimmed or skimmed)** |  |  |
| **Fizzy drink** |  |  |
| **Fruit juice (undiluted)** |  |  |
| **Water** |  |  |