

BIG M[®] LUNCHBOX



BIG M[®] 250ML LUNCHBOX PACKS ARE REDUCED FAT[^], FULL OF NUTRIENTS AND HAVE NO ARTIFICIAL FLAVOURS AND NO PRESERVATIVES. THEY'RE SPECIALLY DESIGNED FOR GROWING KIDS!

- ✓ PROTEIN – IMPORTANT FOR GROWING MUSCLES
- ✓ NATURALLY RICH IN CALCIUM – FOR STRONG TEETH AND BONES
- ✓ VITAMINS B2 AND B12 FOR HELPING TO RELEASE ENERGY IN THE BODY – GREAT FOR ACTIVE KIDS
- ✓ LOW GI (GLYCEMIC INDEX)
- ✓ GREAT FOR SCHOOL LUNCHES – BIG M[®] 250ML FITS PERFECTLY INTO THE LUNCHBOX AND CAN BE FROZEN AND KEPT COOL FOR SUMMER LUNCHES

BIG M[®] 250ML LUNCHBOX PACKS ALSO MEETS CLASSIFICATION AS A GREEN LIGHT 'EVERYDAY' FOOD BY ALL STATE GOVERNMENT SCHOOL CANTEEN CRITERIA* – SO YOU KNOW IT'S GOOD!



NSW: Fresh Tastes @ School; QLD: Smart Choice; SA: Right Bite; TAS: Cool CAP; VIC: Go For Your Life; WA: Healthy Food and Drink. (Australia only)

[^] At least 45% less fat compared to regular fat flavoured milk

BIG M[®] UHT CHOCOLATE 250ML

NUTRITION INFORMATION		
SERVINGS PER PACK: 1	SERVING SIZE: 250mL	
	AVE. QTY. PER SERVE	AVE. QTY PER 100mL
ENERGY	703 kJ	281 kJ
PROTEIN	7.8 g	3.1 g
FAT, TOTAL	4.5 g	1.8 g
- SATURATED	3.0 g	1.2 g
CARBOHYDRATE	23.8 g	9.5 g
- SUGARS	23.5 g	9.4 g
SODIUM	105 mg	42 mg
CALCIUM	278 mg 35% RDI*	111 mg
PHOSPHORUS	193 mg 19% RDI*	77 mg
VITAMIN B2	0.5 mg 29% RDI*	0.2 mg
VITAMIN B12	1.5 µg 75% RDI*	0.6 µg

*RECOMMENDED DIETARY INTAKE (AUSTRALIA)

BIG M[®] UHT STRAWBERRY 250ML

NUTRITION INFORMATION		
SERVINGS PER PACK: 1	SERVING SIZE: 250mL	
	AVE. QTY. PER SERVE	AVE. QTY. PER 100mL
ENERGY	705 kJ	282 kJ
PROTEIN	8.0 g	3.2 g
FAT, TOTAL	4.5 g	1.8 g
- SATURATED	3.0 g	1.2 g
CARBOHYDRATE	23.8 g	9.5 g
- SUGARS	23.8 g	9.5 g
SODIUM	110 mg	44 mg
CALCIUM	288 mg 36% RDI*	115 mg
PHOSPHORUS	195 mg 20% RDI*	78 mg
VITAMIN B2	0.5 mg 29% RDI*	0.2 mg
VITAMIN B12	1.8 µg 89% RDI*	0.7 µg

*RECOMMENDED DIETARY INTAKE (AUSTRALIA)