School Lunch Box Ideas
(Adapted from sportsdietitians.com.au)

Children need to eat a variety of foods everyday to stay healthy, so it is important to pack their lunch box with foods that are good for them and taste great too.

A lunchbox should include:
♦ At least 2 pieces of fruit (fresh, dried or tinned)
♦ At least 1 serve of dairy food such as yoghurt, milk or cheese
♦ At least 3-4 serves carbohydrate-rich foods such as bread, crispbread, grain and fruit based bars, pasta, etc.

Here are some healthy lunches, snack and drink ideas to fill their lunch boxes.

Lunch Box Lunches
♦ Bagel with vegemite and cheese
♦ English breakfast muffins with tomato and cheese
♦ Pita bread with spread and grated carrot and cheese
♦ Corn or rice cakes with spread
♦ Cold pasta spirals mixed with salad vegetables and lean ham
♦ Mini pizza with cheese and pineapple
♦ Sandwiches with various fillings such as:
  o Vegemite and cheese
  o Lettuce, grated carrot and cheese
  o Spreads
  o Tuna/chicken/ham with mayonnaise
  o Avocado or cream cheese and salad
Hint: cut sandwiches into different shapes for younger children and vary the bread from day to day, eg. white, wholemeal, rye, bagel.

**Lunch Box Snacks**
♦ Fresh, dried or tinned fruit or fruit salad—bananas, apples, pears, mandarins, nectarines, grapes, sultanas, dried apples or apricots
♦ Grain and fruit based bars
♦ Grissini sticks (thin Italian bread sticks) with cheese dip
♦ Crackers with spread
♦ Plain popcorn
♦ Fruit muffins or fruit loaf
♦ Cheese sticks
♦ Yoghurt -Hint: freeze yoghurt overnight to prevent bacterial growth
♦ Carrot and celery sticks with cheese dip
♦ Sultana/Dried Fruit mix
♦ Small can of baked beans or spaghetti
♦ Creamed rice with fruit
♦ Hard boiled egg
♦ Pikelets or scones

**Lunch Box Drinks**
♦ Water
♦ 100% Fruit juices or vegetable juices
♦ Flavoured or plain milk (Longlife)

Hint: frozen water or tetra packs can be used as a freezer brick to keep foods cold such as yoghurt and meat.