

Lunch box ideas

Lunch meal

- Sandwich or wrap with:
- Protein (e.g. egg, chicken, tuna or cheese)
 - Salad (e.g. carrot, tomato, cucumber or lettuce)

OR leftover meal (aim for ½ vegetables, ¼ protein and ¼ carbohydrate)



1 fruit snack

Piece of fruit or small handful of fruit (e.g. 10 x grapes or berries)



*Can include dried fruit (e.g. sultanas) on occasions

1 vegetable snack

Chopped up vegetables (e.g. carrot, cucumber, capsicum, celery, snow peas, beans, or cherry tomatoes), corn on cob, or roasted vegetables



*Can serve with dip (e.g. hummus or tzatziki)

1 dairy snack

Yoghurt, milk or cheese



1 energy snack

1 packet of plain popcorn or 1 muesli bar or small baked beans or 6 dry biscuits or 3 corn thins or 3 rice cakes or 1 boiled egg



1 drink

Water bottle



*Avoid offering drinks other than water and low fat milk (e.g. juices, cordial or soft drink)