School Lunch Box Ideas

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 always 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 lunch, 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 peanut butter, grated carrot and cheese

♦ Corn or rice cakes with peanut butter

♦ 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 Peanut butter

  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
- Uncle Tobys grain and fruit based bars
- Grissini sticks (thin Italian breadsticks) 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 and peanut mix or mixed nuts
- 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.

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