Lunchbox Food Ideas for Food Brought from Home for 2 to 5 year olds

A Guide for Families

The following sample lunchbox menus provide the recommended number of serves from each of the food groups.

Morning Tea • Milk • 1 banana	**Morning Tea** • Milk • 2 wheatmeal biscuits with margarine	**Morning Tea** • Milk • Small apple	**Morning Tea** • Milk • Cheese triangle/ cubes	**Morning Tea** • Milk • ½ fruit muffin with margarine
Lunch • ½ wholemeal pita bread with ham and salad • ½ cup raw green beans or cucumber chunks • ¼ cup hommus dip • Water	**Lunch** • Roast beef and salad sandwich • 1 small mandarin and kiwi fruit • Cheese stick • Water	**Lunch** • Tuna, avocado and lettuce in a wholemeal dinner roll • Small tub yoghurt • ½ cup cherry tomatoes • Water	**Lunch** • Chicken leg • Dinner roll and margarine • 1½ tablespoons sultanas • Corn cob • Water	**Lunch** • ½ cup pasta salad, ham and boiled egg • 2 broccoli florets • Bunch of grapes • Water
Afternoon Tea • Milk • 2 pikelets	**Afternoon Tea** • Carrot sticks • ¼ cup hommus dip	**Afternoon Tea** • 1 fruit scone • Vegetable sticks with tomato salsa dip	**Afternoon Tea** • Celery, capsicum and cucumber sticks with cream cheese	**Afternoon Tea** • Milk • Celery sticks with cream cheese spread

Note: While variety can make lunchtime interesting, sending a sandwich each day is OK. Variety can come from bread types, sandwich fillings and other foods in the lunchbox. Just make sure the choices are healthy and the bread is wholemeal, high fibre or has added iron.

Please don't send these foods:

• Sticky snacks like some health food bars, muesli bars, lollies and fruit straps as these may cause tooth decay.
• Foods high in fat and sugar like sweet, cream-filled and chocolate-coated biscuits, chocolate and chocolate or yoghurt coated health food bars.
• Foods high in fat and salt like chips and savoury snack biscuits.

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