Well planned morning and afternoon tea is essential for children to meet their nutritional requirements.

**For Early Childhood Services that provide all food and drinks**

Plan morning and afternoon tea snacks that complement the main meal and help meet the minimum number of serves from the five food groups recommended by the *Nutrition Checklist for Menu Planning*.

**For Early Childhood Services that provide only morning and afternoon tea**

Plan morning and afternoon tea snacks that when combined, will provide at least:

- 1 serve of vegetables
- 1 serve of fruit
- 1 serve of dairy foods (serve ½ cup milk as a drink at morning and afternoon tea)
- 1 iron containing food*
- 1 serve of wholegrain cereal foods / bread

Example:

**Morning tea**  
½ cup milk  
fresh fruit platter  
raisin toast triangles

**Afternoon tea**  
½ cup milk  
corn on the cob  
wholemeal pikelets

This is based on the assumption that food brought from home for the main meal includes 1 serve of vegetables, ¾ serve of meat (or alternative), 2 serves of wholegrain cereal foods/bread and 1 iron containing food.

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**Combine** these healthy and delicious snack ideas on the menu to meet morning and afternoon tea requirements.

**Fruit**

- Seasonal fruit platter
- Fruit salad
- Fruit kebabs
- Fruit smoothies
- Frozen fruit slices
- Canned fruit in natural juice
- Fruit jaffles
- Fruit crumble
### Vegetables
- Vegetable platter with dip (e.g. hommus, beetroot, avocado)
- Vegetable scones or muffins (e.g. pumpkin, corn and zucchini)
- Baked beans on toast or in a cup
- Vegetable soup
- Corn on the cob
- Wholegrain crackers topped with tomato and cucumber
- Vegetable chips (e.g. slice carrots, zucchini, potato and sweet potato into chips and spray with olive oil and bake until golden brown)

### Milk, yoghurt, cheese and alternatives
*choose mostly reduced fat varieties for children over 2 years of age*
- Glass of milk
- Fruit smoothies
- Cheese with wholegrain crackers
- Yoghurt or custard and fruit

### Wholegrain cereal foods and breads
- Mixed sandwiches, wraps or rolls
- Toasted sandwiches/ jaffles with fruit or vegetable fillings
- Wholegrain cereal (dry or with milk)
- Raisin bread
- Pikelets with fruit
- Fruit or vegetable muffins
- Fruit or vegetable scones
- Mini vegetable pizzas using wholemeal pita or English muffins
- Wholegrain crackers with cheese
- Untoasted muesli and yoghurt

### Iron containing foods
- Wholemeal sandwiches
- Vegetable & legume soup
- Wholemeal tortilla bread chips and Mexican bean dip
- Wholemeal banana muffins
- Dried fruit
- Iron enriched breakfast cereals as a dry snack (e.g. Cheerios™, Sultana Buds™, Weetbix Bites™)
- Hommus dip, vegetable sticks and wholemeal pita bread
- Wholemeal cheese scones
- Wholemeal savoury muffins (e.g. pumpkin, grated carrot and cheese)

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* Refer to the How to Include Iron Containing Foods on the Menu tip sheet.