

What to Pack for Lunch

Ideas for school or care

- Choose foods from the five food groups - whole grain breads and cereals, vegetables, fruit, meat and alternatives, and dairy and alternatives.
- Leave out foods like lollies, chips and chocolate.
- Pack a drink bottle of water.
- Use an ice pack to keep food cold and safe to eat.

Pack a main lunch



Salad wrap, rolls and sandwiches

Try tuna, lean ham or cold roast meats.



Vegetable salads

Add pasta or rice, mix in cold meat like chicken or canned beans or canned fish.



Dinner leftovers

Cold roast meats with salad and roasted vegetables.

Risotto and fried rice make good leftovers too.



Egg and vegetable slice

Add cut up salad vegetables on the side.



Homemade pizza

Use pita bread or English muffin as a base. Top with vegetables and cheese.

Add some fruit and vegetables



Vegetables and cheese

Try cucumber, tomatoes, snow peas and capsicum.



Dip and vegetable sticks

Use hommus or yoghurt. Try a mix of vegetables.



Corn cob

Cook in the microwave in the morning. Can use frozen corn cobs.



Fresh fruit

Fresh fruit cut up or a whole piece. Choose fruit in season.



Canned baked beans

Choose reduced salt. Serve cold or warm in a thermos.

Add some snacks - pack the amount your child will eat



Pop corn

Serve plain or mix with dried fruit.



Canned or fresh fruit and yoghurt

Choose plain no added sugar types. Drain juice off canned fruit.



Fruit bread

From the supermarket.



Cold boiled egg

Serve peeled and cut up, or leave in shell for older children.



Home made muffin

Use wholemeal flour, add vegetables or fruit. Bake extra to freeze.