

Lunch Box Ideas



Healthy lunches and snacks are important for active children. Eating healthy food helps children learn and concentrate. Set a good example with your own lunches and snacks. Encourage children to be involved in choosing and preparing their own lunch and snacks.

Snacks should be thought of as 'mini meals', an important part of the day's food and not just something extra or a treat. Children have small stomachs and need snacks between meals to help meet their growth and energy needs.

Homemade snacks are often cheaper and healthier than pre-packaged snacks and your child can help you make them.

Lunch ideas

Use small serves for small stomachs. Try different kinds of breads. Buy the wholegrain/wholemeal varieties e.g. lavash, pita, bread rolls, foccacia, English muffins, rye, Lebanese bread. Use pasta, rice, potatoes, couscous, noodles and spaghetti. Add lots of different vegetables.

Try the following:

- Tiger sandwiches - layers of different coloured breads with different fillings e.g. cheese with grated carrot and shredded lettuce
- Chicken and chopped vegetables in pita bread
- Lean meat and salad sandwich or wraps
- Try tuna, salmon or sardines for a change
- Pinwheel sandwiches filled with ham and lettuce or egg and lettuce
- Lean roast beef or lamb with mustard, tomato and lettuce on rye bread
- Vegemite with cheese melted on an English muffin or make a mini pizza on the muffin
- Toasted sandwich, foccacia or jaffle. Try tuna and asparagus, ham and cheese, creamed corn, pineapple and cheese, baked beans and cheese
- Make a salad with cherry tomatoes, lettuce, green beans and cheese cubes. Add leftover chicken or meat
- Home made rissoles with a salad or some vegetables
- Make Lebanese bread pizzas using tomatoes, capsicum, mushrooms, pineapple, ham and cheese
- Try a pasta salad with chicken and mixed vegetables
- Pasta with tomato and beef sauce, add grated carrot, zucchini, mushrooms, capsicum and grated cheese
- Tabouli salad, lettuce and feta cheese
- Vegetable quiche or vegetable frittata
- Home-made hamburger with salad
- Home-made soup or tin soup e.g. vegetable, pumpkin, minestrone, chicken and sweet corn served with a roll
- Hommus / cheese spread with vegetable sticks and pita bread or crackers
- Low-fat noodles (don't add the seasoning sachet) cooked with a variety of vegetables and add an egg or leftover meat or chicken
- Baked potatoes with ham, creamed corn & cheese, leftover bolognese sauce & cheese, baked beans & cheese
- Rice or corn cakes with ham, tuna, egg or salad
- Banana on raisin bread
- Tuna or salmon rissoles with pasta or rice
- Leftover lamb, beef, pork, chicken with couscous, cherry tomatoes & cucumber or mixed veggies
- Slices of cold meat such as turkey with salad and wholegrain/multigrain crisp bread
- Add pasta or rice, leftover chicken, beef, lamb, pork and some mixed

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- frozen vegetables to a tin of soup and serve with a roll
- Stir canned tuna, salmon through some cooked pasta or rice and add vegetables such as corn, carrot, zucchini and peas
- Make an omelette or scrambled eggs with diced carrot, zucchini, corn and mushrooms
- Oven baked fish served with sweet potato wedges and salad
- Try a vegetables stir fry with lots of veggies and you can add leftover meat or chicken.

Snack attack ideas

Snacks should be from the five food groups- breads and cereals, vegetables, fruit, dairy products, meat and meat alternatives.

Try the following:

- Fresh fruit - buy fruit in season as this is cheaper
- Make a fruit platter and add some yoghurt to dip the fruit in
- Fruit salad or tinned fruit in natural juice
- Fruit kebab make it into a traffic light - red - watermelon, yellow - banana or pineapple and green-honeydew melon or kiwi fruit
- Frozen fruit in segments e.g. oranges, grapes, banana or watermelon,
- Slice of fruit loaf / fruit bun (without the icing) or raisin bread
- Pikelets - add some fruit, a mashed banana or yoghurt on it
- Cheese sticks or cubes with veggie sticks, sultanas &/or rice crackers
- Sushi rice roll with avocado, carrot and tuna
- Chicken drumstick
- Hard boiled egg
- Mini quiche or a slice of leftover home made pizza
- Falafel, kibble or samosas

- Jacket potato
- Coleslaw, potato or green salad
- Celery stick with lite cream cheese topped with sultanas
- Cherry tomatoes, feta cheese and olives
- Fruit, date, pumpkin or plain scone
- Rissoles, mini meatballs or kebabs
- Wholegrain crackers with cheese
- Rice or corn cakes with a thin scrape of lite cream cheese or mash a banana
- Grissini sticks crackers or vegetables sticks with hommus
- Raw or lightly steamed vegetables e.g. carrots, celery, cucumber, green or red capsicum, snow peas, broccoli, cauliflower with dip
- Miniwheats breakfast cereals, Weetbix / Vitabrits or other wheat breakfast cereals
- Crumpet or muffin with a scrape of vegemite
- A small tub of yoghurt - fruit, frozen or plain. Fruche, creamed rice or custard
- A small tin of spaghetti or baked beans with toast
- Steamed corn on the cob
- Homemade pita chips- cut pita bread into triangles, sprinkle with grated cheese and bake in a moderate oven until crispy store in an airtight container
- Microwave pappadums
- Milk drinks - try a smoothie (made from milk, real fruit and yoghurt). Remember low-fat milk and dairy products are suitable for children two years and older.