

# 5 days of lunchbox ideas

It's time for a brand new year of school lunches, and we've got 5 days of lunchbox ideas to make the first week back a little easier!

tip: Try including something from multiple food groups to ensure a balanced lunch, then adding an element of fun or a treat to keep things interesting. e.g. **wholegrains + protein + fruit/veg + dairy + fun treat**

- 1 silicone snack cups with cheese cubes & cherry tomatoes
- 2 baby carrots & cucumber halves
- 3 baby cucumbers/qukes
- 4 whole banana
- 5 silicone snack cups with savoury biscuits or crackers

- 1 popcorn
- 2 whole apple
- 3 whole mandarin
- 4 whole banana
- 5 strawberries



- 1 silicone lunch pocket with chicken or tuna salad wrap
- 2 ham & cheese toasted croissant
- 3 insulated lunch jar with bolognese pasta
- 4 lunch tub with roast veggie salad
- 5 mini veggie pizza

- 1 kiwi fruit
- 2 sweet or savoury pretzels
- 3 veggie chips
- 4 hardboiled egg
- 5 corn on the cob

- 1 date & cacao bliss balls
- 2 hummus dip
- 3 mixed berry yoghurt with muesli
- 4 watermelon or other melon
- 5 vanilla yoghurt

tip: **Remember, it's okay if lunches don't look like this every day!** Kids' appetites come in all sizes and preferences, and time is always a factor. The most important thing is that they're getting enough energy for their school day, however that may look in food form!



# more snacks & tips

Print this out and keep it handy on your fridge for the next time you need some lunchbox inspo!

## fun fruit & veg

- use seasonal fruits & veggies to get the best flavour
- assemble into mini kebobs or let kids assemble their own
- use cookie cutters to cut into fun shapes
- add mini cutlery to their lunch so they can fork/spoon foods like melon, kiwi or mango, mess-free
- cut kiwi fruit into star halves for fun visual interest
- try serve the same thing in a different way to keep it interesting e.g. apple slices, whole apple, apple circles with core removed, apple cubes, apple sauce
- use a food safe marker to write a joke or message on a whole banana
- if out of season or out of budget, consider using canned or frozen options rather than fresh - these still contain the nutrients kids need, just ensure there's no added salt/sugar
- a melon baller isn't just for melons! try it with other fruits to make them more exciting
- to prevent cut apple from going brown, soak in water mixed with a squeeze of lemon
- a fruit salad is always a yummy & refreshing idea
- to boost hydration, offer fruits & veggies with a high water content such as watermelon, cucumber, strawberry & tomato

## sandwich alternatives

### use with silicone lunch pocket:

- sushi rolls
- wholegrain wrap
- rice cakes
- mini pizza or calzone
- rice paper rolls
- croissant
- bagel
- pita pocket
- pastry scroll
- pie or sausage roll
- quesadilla
- pikelets or mini pancakes
- tortilla or pastry pinwheels

### use with insulated lunch jar:

- creamy mushroom soup
- mac & cheese
- spaghetti bolognese
- chicken alfredo pasta
- pumpkin soup
- buttered noodles
- pulled pork & veggies
- egg fried rice
- minestrone soup
- homemade nuggets or fish fingers
- vegetable stir fry
- meatballs
- arancini

### use with lunch tub:

- burrito bowl
- pasta salad
- leftover roast, veggies & gravy
- potato skins
- mediterranean summer salad
- couscous or quinoa
- three bean salad
- coleslaw

## filling snack ideas

- hummus dip
- bliss balls
- zucchini or veggie slice
- boiled eggs
- baked beans
- mini quiche
- protein yoghurt
- mini kebobs
- avocado dip/spread
- roasted chickpeas
- cheese & vegemite twists
- trail mix
- wholemeal fruit muffins
- frittata
- nut spreads & butters (if permitted)

