



Recess

Choose from:

- Wholegrain crackers, rice cakes or corn cakes with cheese or yeast extract spread
- Fruit or plain scones
- Pikelets
- Fresh fruit – whole or cut up in a container
- Dried fruit – sultanas, apricots
- Crunchy vegetables – capsicum, carrot sticks, cherry tomatoes
- Yoghurt or custard
- Cubes or slices of cheese
- Reduced fat milk

Crunch&Sip®

Choose from:

Fruit

- Fresh fruit in season
- Small whole fruit (apple, strawberries, mandarin, banana)
 - Pack pieces of fresh fruit in a container (melon, kiwi fruit, orange)
- Fruit canned in water, juice or no added sugar

Vegetables

- Cold roast vegetables (potato, carrot, pumpkin, zucchini, sweet potato)
- Strips or diced carrot, celery, capsicum, cucumber.

Tips:

- Keep it simple (not too much choice)
- Keep serves small
- Ensure foods can be opened and eaten easily
- If you choose from these healthy foods, don't worry if your child wants the same foods each day
- Avoid packing a 'sometimes' food every day

Ice brick

Remember to keep lunches cold!

Lunch

Start with:

Sandwiches, wraps or rolls

try to include some vegetables:

- Lettuce leaves
- Grated carrot
- Snowpeas
- Capsicum

and filled with:

- Lean meat (leftover roasts)
- Chicken
- Ham
- Egg
- Baked beans
- Yeast extract
- Tuna or salmon

Or for something different:

- Mini pizzas
- Rice or pasta salad
- Leftovers



Water

Choose tap water as a drink for thirst.