

Lunchbox Food Ideas – What to pack for Long Day Care.



Morning Tea	Milk (small tetra pack or ½ cup) 1 small banana	Cheese cubes Small apple 	Milk (small tetra pack or ½ cup) 2 apricots Cheese triangle	Milk (small tetra pack or ½ cup) ½ fruit muffin & polyunsaturated margarine	Slice of cheese 2 wheatmeal biscuits & polyunsaturated margarine
Lunch	½ wholemeal pita bread with ham and salad ½ cup green beans or cucumber chunks	Tuna, avocado and lettuce in a wholemeal dinner roll Yoghurt (small tub) ½ cup cherry tomatoes	Chicken leg Dinner roll and margarine 2 tablespoons sultanas Carrot sticks 	½ cup pasta salad and boiled egg 2 broccoli florets Small bunch of grapes	Roast beef and salad sandwich Mandarin Yoghurt (small tub) 
Afternoon Tea	Slice of cheese 2 pikelets 	Milk (small tetra pack or ½ cup) 1 fruit scone 	Yoghurt (small tub) 2 wholegrain crisp breads with yeast spread	Yoghurt (small tub) Celery sticks with cream cheese spread	Milk (small tetra pack or ½ cup) Celery sticks with cream cheese spread

Children should drink plenty of water throughout the day. Pack a full water bottle each day; this can be refilled as required.

Have I packed: Grain / cereal Fruit Salad / vegetables Dairy foods Meat / chicken / fish Water

The lunchbox ideas are a guide to the amounts of the various food types to pack.

Note: While variety can make lunchtime interesting, sending a sandwich each day is OK. Variety can come from sandwich fillings and other foods in the lunchbox. Just make sure the choices are healthy and the bread is wholemeal, wholegrain or fibre enriched.