

Lunchbox Food Ideas – What to pack for your pre-schooler.

Morning Tea	<p>Milk (small tetra pack or ½ cup)</p> <p>1 small banana</p> 	<p>Milk (small tetra pack or ½ cup)</p> <p>1 slice fruit loaf</p>	<p>Milk (small tetra pack or ½ cup)</p> <p>1 fruit scone</p> <p>½ cup carrot sticks</p> <p>2 tablespoons sultanas</p> 	<p>Milk (small tetra pack or ½ cup)</p> <p>3 large strawberries</p> <p>Breadsticks and hummus</p>
Lunch	<p>½ wholemeal pita bread with ham and tomato</p> <p>½ cup green beans or cucumber chunks</p> <p>Custard (small tub)</p>	<p>Chicken, avocado and lettuce in a wholemeal roll</p> <p>Yoghurt (small tub)</p> <p>½ cup cherry tomatoes</p> 	<p>Cheese, cold roast beef and salad sandwich (on wholemeal bread)</p> <p>Mandarin</p> 	<p>3 meatballs</p> <p>½ cup pasta salad</p> <p>2 apricots</p> <p>Yoghurt (small tub)</p>

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.



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