

Lunch

- Sandwiches– filled with salad, lettuce, carrot, cheese, ham, chicken, beef, lamb, pork, egg, tuna
- Bread- rolls, English muffins, focaccia, pita, raisin/ fruit, Turkish, wraps
- Rice cakes– plain, with cheese, dip
- Cold baked beans
- Home made savoury muffins or pancakes– e.g. carrot, spinach and cheese
- Home made sushi– no battered filling
- Homemade pizza on pitta bread
- Homemade quiche/ zucchini slice

Fruit

- Frozen, canned and dried
- Fresh fruit– e.g. all kinds of berries, kiwi-fruit, mango, grapes, all kinds of melon, banana, apple

Vegetables

- Vegetable sticks– e.g. celery, broccoli, snow peas,

carrot, capsicum, mushrooms, lettuce, tomato

Snacks

- Pappadums
- Yoghurt
- Non flavoured custard
- Cheese
- Boiled eggs
- Potato sticks e.g. Kids Care brand
- Cruskits – plain, with cheese, dip
- Plain crackers e.g. Vitaweat, Sakatas
- Home made, no sugar, pikelets
- Plain popcorn
- Pretzels
- Puffed corn
- Low fat and low salt dips
- **Water**



If your child has any meat or dairy in their lunch box, please label it and place in the fridge container on the bench

Lunch

- Sandwiches – filled with vegemite, honey, cream cheese
- Processed meat – sausages, frankfurts, fritz
- Pastry foods e.g. sausage rolls, pasties

Snacks

- Flavoured popcorn e.g. butter, salt, seasoning
- Dry biscuits with flavoured salt e.g. Sakatas,
- Dried noodles e.g. Mamee, chicken flavour

- 25g sweet biscuits e.g. Honey Tiny Teddies, My Little Pony biscuits
- Vege chips- Ajitas brand
- Jelly cups
- Small portion of home made cake with no chocolate or icing

- Fruit juice
- Muesli bars/ breakfast bars/ oven baked bars
- Rolls ups and fruit leathers
- Fruit bars
- LCM bars
- Processed cheese e.g. LeSnaks,
- Lollies
- Potato chips e.g. Smiths, Doritos

- Cakes/ muffins/ biscuits with chocolate or icing
- Anything flavoured chocolate or containing chocolate
- Bars, balls or dried fruit with yoghurt
- Tiny Teddies– 100 & 1000's, chocolate Chip, chocolate



What should you pack in a lunch box?

Provide two options for each meal break



Morning snack

- fruit/vegetables
- biscuits
- yoghurt
- cheese

Lunch

- sandwich or roll with filling
- crackers
- vegetable sticks
- savoury slices
- cut up fruit

Afternoon snack

- dried fruit
- popcorn
- dip and biscuits
- homemade cake/ biscuit

Drink

- water

Please be aware that some companies make serving sizes small to fit within the nutrition guidelines but can be high in energy, salt and fat compared to the serving size. If you would like to know where to find more information please see a staff member.

Helpful Resources

Below are some of the many useful websites available to support you in packing a healthy lunch box for your children

- **Right Bite Strategy**- <https://www.decd.sa.gov.au/teaching/projects-and-programs/eat-well-sa/developing-healthy-food-policies-schools-and-preschools>
- www.annabelkarmel.com
- Super Healthy Kids Facebook page
- Cookie cutters for sandwiches e.g. dinosaurs, animals, shapes

If you have any further questions please talk to staff