

## School Lunch Box Ideas

It is really important to pack a lunch box with plenty of nutritious foods that your child likes to eat.

### **Your lunch box should always include:**

- ❖ At least 3-4 servings of carbohydrate rich foods such as bread or bread rolls (choose wholemeal/wholegrain), pasta/rice salad, wholemeal pita, cereal bars, fruit cake, low fat biscuits etc.
- ❖ At least 2 pieces of fruit (fresh/dried)
- ❖ At least 1 serving of low fat dairy food such as yoghurt, milk or cheese.

### **Some healthy lunch, snack and drink ideas to fill their lunch box:**

#### **Lunch Box Lunches**

- ❖ Bread / Roll / Pita / Wrap / Bagel / Crackers with various fillings: Low fat cheese / Tuna / Chicken / Ham with salad vegetables and low fat mayonnaise
- ❖ Pasta or rice mixed with Tuna / Chicken / Ham with salad vegetables and low fat mayonnaise
- ❖ Left over dinner such as pasta with tomato based sauce and tuna / chicken / ham

#### **Lunch Box Snacks**

- ❖ Fresh or dried fruit or fruit salad – grapes, mandarins, bananas, apples, pears, sultanas, apricots etc
- ❖ Low fat yoghurt or yoghurt drink
- ❖ Fruit smoothies
- ❖ Low fat milk pudding like rice or custard

- ❖ Carrot / celery sticks with low fat cheese / hummus dip
- ❖ Sultana and peanut mix or mixed nuts
- ❖ Crackers with low fat cheese spread
- ❖ Cereal bars
- ❖ Scones
- ❖ Plain popcorn

### **Lunch Box Drinks**

- ❖ Water
- ❖ 100% fruit juices
- ❖ Plain or flavoured milk