

Lunchbox Food Ideas for Food Brought from Home for 2 to 5 year olds

A Guide for Families

The following sample lunchbox menus provide the recommended number of serves from each of the food groups.

Morning Tea <ul style="list-style-type: none"> • Milk • 1 banana 	Morning Tea <ul style="list-style-type: none"> • Milk • 2 wheatmeal biscuits with margarine 	Morning Tea <ul style="list-style-type: none"> • Milk • Small apple 	Morning Tea <ul style="list-style-type: none"> • Milk • Cheese triangle/ cubes 	Morning Tea <ul style="list-style-type: none"> • Milk • ½ fruit muffin with margarine
Lunch <ul style="list-style-type: none"> • ½ wholemeal pita bread with ham and salad • ½ cup raw green beans or cucumber chunks • ¼ cup hommus dip • Water 	Lunch <ul style="list-style-type: none"> • Roast beef and salad sandwich • 1 small mandarin and kiwi fruit • Cheese stick • Water 	Lunch <ul style="list-style-type: none"> • Tuna, avocado and lettuce in a wholemeal dinner roll • Small tub yoghurt • ½ cup cherry tomatoes • Water 	Lunch <ul style="list-style-type: none"> • Chicken leg • Dinner roll and margarine • 1½ tablespoons sultanas • Corn cob • Water 	Lunch <ul style="list-style-type: none"> • ½ cup pasta salad, ham and boiled egg • 2 broccoli florets • Bunch of grapes • Water
Afternoon Tea <ul style="list-style-type: none"> • Milk • 2 pikelets 	Afternoon Tea <ul style="list-style-type: none"> • Carrot sticks • ¼ cup hommus dip 	Afternoon Tea <ul style="list-style-type: none"> • 1 fruit scone • Vegetable sticks with tomato salsa dip 	Afternoon Tea <ul style="list-style-type: none"> • Celery, capsicum and cucumber sticks with cream cheese 	Afternoon Tea <ul style="list-style-type: none"> • Milk • Celery sticks with cream cheese spread



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

Please don't send these foods:

- Sticky snacks like some health food bars, muesli bars, lollies and fruit straps as these may cause tooth decay.
- Foods high in fat and sugar like sweet, cream-filled and chocolate-coated biscuits, chocolate and chocolate or yoghurt coated health food bars.
- Foods high in fat and salt like chips and savoury snack biscuits.