

















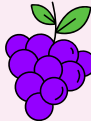








lunchbox snack ideas.

Fruit & Vegetables

VEGETABLES	 Celery sticks	 Carrot sticks	 Cucumber	 Avocado halves	 Cherry tomatoes
VEGETABLES	 Capsicum	 Snow peas	 Corn	 Raw beans	 Broccoli
FRUIT	 Apple	 Orange	 Banana	 Mandarin	 Pear
FRUIT	 Stone fruit	 Tinned fruit in natural Juice	 Kiwi Fruit	 Grapes	 Seasonal berries
FRUIT	 Mango	 Pineapple	 Watermelon	 Rockmelon	 Lychees

lunchbox snack ideas.

Pantry & Fridge

PANTRY	 Baked pita chips	 Wholegrain crackers	 Rice crackers/ crispbreads	 Plain popcorn *age 5 & over	 Sultana packs
PANTRY	 Canned corn	 Baked beans	 Chickpeas	 Canned beans	 Roasted fava beans
PANTRY	 Tuna/salmon	 Fruit bread	 Pretzels	 Wholegrain english muffin	 Pikelets
FRIDGE	 Yoghurt	 Cheese sticks, cubed, slices	 Hummus	 Dips - beetroot, tzatziki	 Hard-boiled eggs
FRIDGE	 Falafel balls	 Lentil patties	 Milk	 Cottage & Ricotta cheese	 Baked veggie fritters