

# sweet lunchbox snacks.

If you're looking for simple (realistic) lunchbox snack ideas, this guide is for you! These ideas include easy grab-and-go packaged options, alongside everyday foods, to help build a lunchbox that keeps kids feeling satisfied, energised, and ready to learn.

## Crispy

- Yoghurt topped mini rice cakes
- Rice cakes with nut-free spread
- Apple slices



## Crunchy

- Homemade trail mix of popcorn, wholegrain cereal and dried fruit
- Muesli and unsweetened yoghurt



## Chewy

- Homemade bliss balls
- Dried fruit (sultanas, apple, etc)
- Wholegrain muesli bar
- Homemade muesli bar



## Soft & bready

- Fruit bread
- Wholemeal fruit muffins
- Wholemeal crumpets with fruit puree
- Wholemeal banana bread



## Creamy

- Unsweetened yoghurt pouches
- Container of unsweetened yoghurt with fresh fruits



## Soft & juicy

- Fruit cups (in natural juice)
- Pureed fruit pouches
- Fruit kebabs
- Fresh berries



# savoury lunchbox snacks.

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## Crispy

- Plain air-popped popcorn
- Carrot and cucumber sticks
- Rice crackers and dip
- Rice cakes with avocado or hummus



## Crunchy

- Wholegrain crackers and cheese
- Pretzels
- Roasted chickpeas



## Chewy

- Mozzarella string cheese
- Wholemeal wraps spread with hummus cut into pinwheels
- Bagel pieces with cottage cheese



## Soft & bready

- Wholemeal crumpets with cheese
- Zucchini slice
- Savoury veg muffins
- Corn fritters



## Creamy

- Mashed avocado with toast fingers
- Boiled eggs
- Ricotta and flatbread



## Firm

- Cheese cubes
- Roast or grilled chicken
- Canned tuna
- Chicken meatballs

