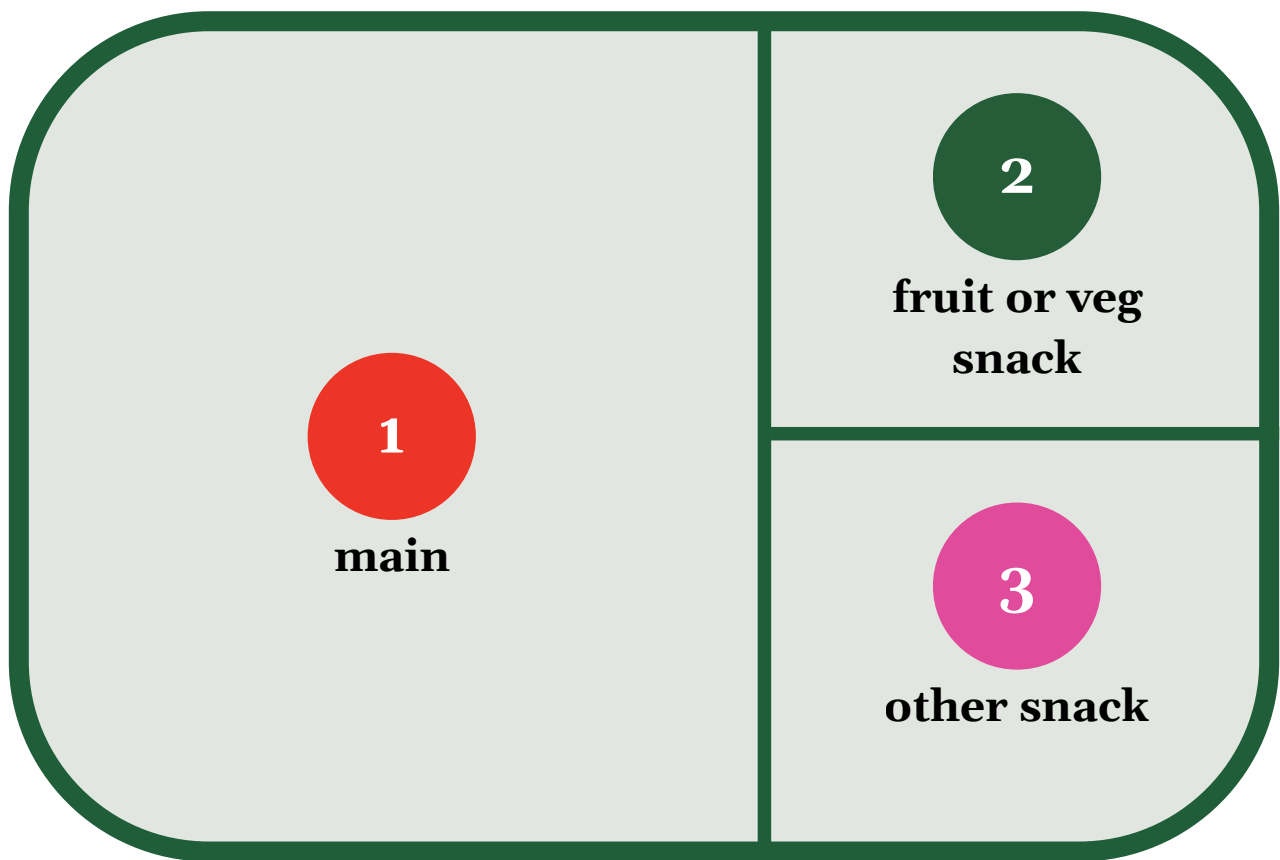
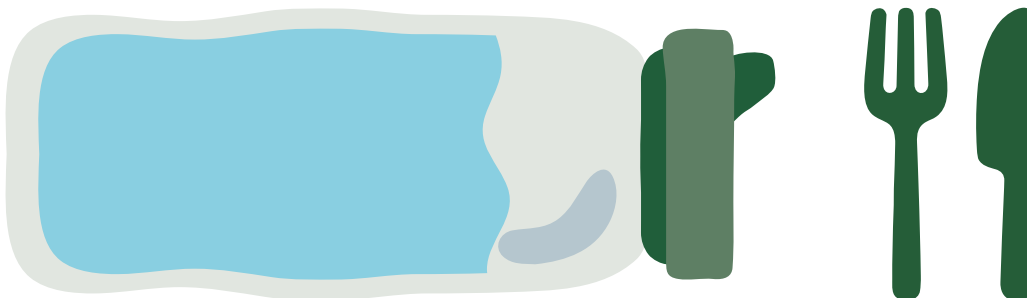


# powerful picks for school lunchboxes.

To plan a lunchbox that fuels their day, pick something from each group. Use the ideas on the following pages for inspiration.



Don't forget a water bottle and cutlery if needed!





### super quick.

- Sandwich or wrap (see page 5)
- Leftover pasta
- Corn thins, tuna + avocado
- Baked beans + toast fingers
- Salad + leftover roast chicken
- Cheese + wholegrain crackers
- + veggie sticks
- Leftover dahl + naan fingers
- Boiled eggs + toast fingers

### more filling.

- [Baked chicken risotto](#)
- [Shepherd's pie](#)
- Tuna mornay pasta bake
- [Zesty pesto pasta salad](#)
- [Jambalaya](#)
- Chilli con carne
- Onigiri rice balls
- [Burrito bowl](#)
- [Greek chicken bowl](#)

### freezer-friendly.

- [Roast vegetable frittata](#)
- Savoury veggie muffins
- Mini vegetable quiches
- Bean + cheese quesadillas
- Pasta bake portions
- English muffin pizzas
- Veggie lasagne cups
- Casserole
- Baked gnocchi portions
- Mini meat or veggie balls

### for the thermos.

- [Vegetable lentil soup](#)
- [Chicken, chickpea and tomato curry.](#)
- [Rainbow bean risoni](#)
- Savoury mince + rice
- [Ginger and veg stir fry.](#)
- [Beef, vegetable + pearl barley soup](#)
- Minestrone
- Chicken + corn chowder

### finger foods.

- [Zucchini and corn fritters](#)
- [Sweet potato, salmon + pea fishcakes](#)
- Homemade pizza
- Sushi or onigiri rice balls
- Rice paper rolls
- Mini calzones
- Baked samosa triangles
- Savoury scones
- Steamed vegetable gyoza

### low mess.

- [Zesty pesto pasta salad\\*](#)
- [Quinoa, feta, roasted capsicum + corn muffins](#)
- Zucchini slice
- Mini quiches
- Spinach + ricotta scrolls
- English muffin pizzas
- Quesadilla wedges
- Leftover roast meat + veg
- Sandwiches + wraps

# fruit or veg snack.

## crunchy & crisp.

- Carrot and cucumber sticks
- Apple slices
- Capsicum strips
- Green beans
- Grapes
- Cherry tomatoes
- Celery sticks
- Grilled broccoli
- Snow peas
- Roasted chickpeas

## soft.

- Kiwi
- Watermelon
- Roast pumpkin or sweet potato
- Steamed broccoli
- Roasted capsicum
- Raspberries
- Honeydew
- Avocado
- Steamed carrot coins

## juicy.

- Peach or nectarine
- Lychee or rambutan
- Orange slices
- Corn on the cob
- Strawberries
- Coleslaw
- Grape tomatoes
- Rockmelon
- Watermelon
- Blackberries

## dippable.

- Baby cucumbers + hommus
- Carrot sticks + guacamole
- Apple slices + nut butter\*
- Snow peas + tzatziki
- Peach slices + ricotta
- Fruit kebabs + plain yoghurt
- Celery sticks + white bean dip
- Pear slices + cottage cheese
- Cucumber rounds + baba ganoush

## pack whole.

- Banana
- Apple
- Pear
- Mandarin
- Cherries
- Blueberries
- Baby cucumbers
- Mini capsicums
- Plum
- Grapes (over 5 years)

## pack cutlery.

- Passionfruit
- Canned fruit (in juice, drained)
- Mango slices
- Bean snack cans
- Blanched peas
- Stewed fruit
- Vegetable soup in small thermos
- Chopped fruit salad

# other snack.

## super quick.

- Bean snack cans
- Tuna + wholegrain crackers
- Cheese cubes
- Greek yoghurt pouch
- Corn thins
- Unsalted air popped popcorn
- Roast fava beans or chickpeas
- Rice or corn thins
- Hommus + wholegrain crackers
- Roasted, unsalted nuts\*
- Baked pretzels
- Bagels + cottage cheese
- English muffin + hommus
- Yoghurt tub
- Crispbread + cheese + tomato

## freezer-friendly.

- Pikelets
- Zucchini + corn fritters
- Zucchini + spinach tots
- Quinoa, feta, roasted capsicum + corn muffins
- Savoury scones
- Zucchini slice
- Banana + oat muffins
- Egg slice
- Wholemeal fruit muffins

## more filling.

- Yoghurt, berries & a sprinkle of oats
- Zucchini frittata
- Fruit smoothie made with milk, fruit + oats
- Roast vegetable frittata
- Skinless chicken drumsticks
- Lentil patties
- Quesadilla pieces
- Gözleme

## finger foods.

- Bliss balls
- Boiled egg
- Onigiri rice balls
- Mini falafel
- Cheese + veg pinwheels
- Homemade pizza bites
- Crumpets + cheese
- Fruit bread fingers
- Vegetable gyoza
- Baked polenta fingers

## dippable.

- Falafel + hommus
- Rice crackers + avocado
- Baked tofu + satay sauce\*
- Rissoles + tomato chutney
- Pita wedges + labneh
- Baked tortilla chips + guacamole
- Baked polenta + tomato sauce

# how to pack a nutritious sandwich (or wrap).

## 1. get bread.

Choose wholemeal, wholegrain or high fibre bread, wraps or rolls.



## 2. get spread.

Add flavour with spreads like:

- Avocado
- Hommus
- Tzatziki
- Cottage cheese
- Reduced fat mayonnaise



## 3. get protein.

Make it filling with proteins like:

- Barbecue chicken (skin removed)
- Leftover meat e.g. meat patty, grilled chicken, roast beef
- Turkey
- Boiled egg
- Canned tuna or salmon
- Tofu
- Falafel
- Mashed chickpeas
- Cheese



## 3. get fresh.

Add colour and fibre with a mix of veg like:

- Lettuce
- Spinach
- Grated carrot
- Tomato
- Cucumber
- Avocado

