



LUNCH BOX IDEAS!

Here's some tasty, healthy and nutritious lunch box ideas!
From drink to snacks to the main meal!

Sushi Bites!

- Sandwich sushi rolls: high fibre bread rolled up with canned tuna, cream cheese, lettuce and avocado **or** shredded chicken, hummus, cucumber and carrot batons
- 1 frozen yoghurt pouch
- 6 wholegrain rice crackers with hummus
- 1 orange
(you could make it look like a basketball by drawing on lines)
- Small bunch of grapes
- Water bottle



Rockin' Wrap!

- Wholegrain wrap with four bean mix, avocado, grated cheese, grated carrot, diced tomato and lettuce
- 3 - cherry tomato, cucumber and cheese cube kebabs
 - 1 homemade muesli bar (or high fibre packaged)
 - 1 cup pineapple pieces and chopped kiwi fruit
 - Water bottle



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Twirly Pasta-Rama

- Salad made left over pasta spirals, chopped chicken, cherry tomatoes, carrot, capsicum, baby spinach and a little sweet chilli sauce
- Toasted wholemeal pita 'chips' with small tub tomato salsa
- 1 cheese stick
- 1½ tablespoon sultanas
- 1 mandarin
- Water bottle



Super 'Sanger'

- Whole grain sandwich with slices of roast beef, lettuce, sliced tinned beetroot, tomato slices and alfalfa sprouts (add a little mustard, onion or horseradish spread if your kids like a kick!)
- 1 tb flavoured yoghurt
- 4 wholegrain crackers with scraping of vegemite
- 1 banana
- Water bottle