Children need healthy lunches and snacks to help them:

- Stay alert and energetic for the whole day
- Build healthy bodies and teeth
- Avoid illnesses like colds and flu

**Drinks**

Include water or milk as a daily drink, with fruit juice as an occasional treat.

**Milk, Yoghurt and Cheese**

- Milk, plain or flavoured
- Frozen fruit smoothie
- Yoghurt, plain or fruit
- Plain custard
- Cheese can be cut into cubes, slices or sticks
- Fromage frais or fruche
- Cheesy toast: Cool then wrap
- Rice pudding

**Fruit**

- Bite size pieces of fresh fruit in small containers eg. Grapes, pineapple, apricots, watermelon, rockmelon, kiwifruit, oranges
- Fruit kebabs on toothpicks
- Dried fruits such as apricots, sultanas, dates
- Prepacked fruits in natural juice
- Fruit in season, choose smaller sizes and pack tightly to prevent bruising

**Vegetables**

- Corn on the cob: pre-cooked and wrapped
- Veggie sticks: jicama, carrot, celery, capsicum, cucumber
- Salad packs with cherry tomatoes, lettuce, boiled egg, grated carrot, cucumber, sprouts, mushrooms
- Cooked sweet potato or pumpkin in salad or pasta
- Avocado on crispbread, in salad
- Tiny potatoes or potato salad
- Vegetarian pizza on an English muffin
- Salad sandwiches or salad roll ups on pita or lavash bread

**Lean Meat, Poultry, Fish, Eggs, Nuts, Legumes**

- Lean meats such as ham, chicken
- Tinned fish including salmon or tuna
- Legumes: baked beans or kidney beans
- Pastes including peanut butter, tahini or hommus
- Boiled eggs or egg sandwiches.

**Breads, Cereals, Rice, Pasta**

- Damper, scones and pikelets
- Rice crackers, corn thins, grainy crispbreads
- Varieties of bread: high fibre white, grain, wholemeal, pita lavash, French bread, bread rolls, raisin toast, fruit bun
- English muffins and crumpets
- Home popped popcorn
- Salads made with rice, pasta or noodles
- Fried rice, tinned spaghetti
- Leftover cooked pasta
- Vegetarian pizza on Lebanese bread
- Fruit or vegetable based muffins
- Pita chips, baked pita bread sprinkled with cheese

**Better left out**

Try to leave out the foods that are high in fat, sugar and salt, such as:

- chips, chocolates, cakes, biscuits and softdrinks.

These foods contain few nutrients and should only be eaten sometimes or in small amounts.