

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain exotic ingredients.
Follow the guide below to make packing an everyday lunchbox easier:

- **Crunch&Sip:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients
- **Drink:** Water
- Don't forget to add an **ice brick** to keep the food cool and safe

See our 10 everyday lunchboxes below to use as a guide when packing your own everyday lunchbox.

LUNCHBOX IDEA 1



- Crunch & Sip:** Red capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese carrot and lettuce
Drink: Water

LUNCHBOX IDEA 2



- Crunch&Sip:** Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hommus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk

LUNCHBOX IDEA 3



- Crunch&Sip:** Carrot sticks
Recess: Yoghurt, grapes
Lunch: Wholemeal sandwich with tuna, tomato and lettuce
Drink: Water



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LUNCHBOX IDEA 4



- Crunch&Sip:** Cucumber sticks
- Recess:** Roasted fav-va beans, orange
- Lunch:** Vegetable fried rice
- Drink:** Water, reduced fat plain milk

LUNCHBOX IDEA 5



- Crunch&Sip:** Celery sticks
- Recess:** Popcorn, strawberries
- Lunch:** Wholemeal roll with egg and lettuce
- Drink:** Water, reduced fat plain milk

LUNCHBOX IDEA 6



- Crunch&Sip:** Banana
- Recess:** Pikelets, cherry tomatoes, cheese
- Lunch:** Vegetable pasta salad
- Drink:** Water

LUNCHBOX IDEA 7



- Crunch&Sip:** Mandarin
- Recess:** Fruit scone, cucumber sticks, hommus
- Lunch:** Chicken and vegetable rice paper rolls
- Drink:** Water, reduced fat plain milk



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LUNCHBOX IDEA 8



- Crunch&Sip:** Apple
Recess: Rice wheels, capsicum sticks, cheese
Lunch: Wholemeal sandwich with chicken, lettuce and avocado
Drink: Water

LUNCHBOX IDEA 9



- Crunch&Sip:** Pear
Recess: Boiled eggs, carrot sticks, salsa, roasted fav-va beans
Lunch: Rice cakes with vegemite and cheese
Drink: Water

LUNCHBOX IDEA 10



- Crunch&Sip:** Grapes
Recess: Rice cracker snacks, corn on the cob
Lunch: Mixed vegetable salad with chicken and cheese
Drink: Water

