

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



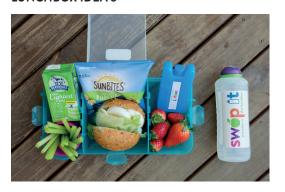
Crunch&Sip: Cucumber sticks

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







PACKING AN EVERYDAY LUNCHBOX

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



