

## Q4: Super Lunchbox Combos:

These are examples of healthy lunches which include food from ALL the food groups each day

Monday	Tuesday	Wednesday	Thursday	Friday
Lean meat and lettuce sandwich	Chicken and salad wrap	Egg and lettuce roll	Tin tuna + spoon	Canned bean mix in pasta salad
Carrot and cheese cubes in a container	Rice cakes and vegemite	Pikelets	Wholemeal crackers and cheesestick	Fruit bread
Crispbread - plain	Flavoured milk (frozen)	Yoghurt + spoon (frozen)	Veggies in snaplock bag	Flavoured milk (frozen)
Bunch grapes	Fruit snack pack	Banana	Mandarin	Nectarine
Water bottle	Water bottle	Water bottle	Water bottle	Water bottle

## Q4: 'Super Lunchbox' Ideas:

Use this checklist to create your own Super Lunchbox Combos.

Include at least one item from EACH food group everyday



### Breads and cereal foods

Breads, sandwiches, rolls, pita, lebanese breads/wraps.

Rice cakes, crispbreads, crackers

Pikelets, scones, bagels

Fruit loaf /bun

Pasta, rice, noodle

Homemade pizza

Plain popcorn

Bread sticks/prezels

Bagel/dinner roll

**Pita chips** - cut pita bread into triangles, sprinkle with grated cheese and bake in moderate oven until crispy (store in airtight container).

**Muffins** - make with added mashed or diced fruits or grated vegetables.

### Dairy foods

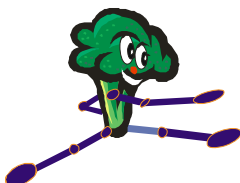
Reduced fat varieties of -

**Cheese** - Cheese stick or triangle, grate cheese on a sandwich/wrap with salad, sliced or cubed cheese

**Milk** - UHT flavoured milks (preferably reduced fat) – keep cold.

**Yoghurt /Custard** - keep this cold with an ice-brick and an insulated bag.

**Calcium fortified soy milk alternatives**



### Vegetables

**Salad** - on sandwiches/rolls (non moist fillings, – carrot, lettuce, capsicum, cucumber), dips with veggie sticks, cherry or grape tomatoes, salad in tubs/snaplock bags.

**Vegetables** - Cold cooked vegetables eg baked potato/carrot, or corn cob

**Legumes** - add baked beans to a roll/sandwich – drain off excess juice

Or serve baked beans in a small container with a spoon

### Lean meats and alternatives

**Lean meats/poultry** – leftover cold roast meats, small chicken drumsticks

**Salmon/tuna/sardines**

**Egg** – on sandwich or hard boiled

**Baked beans, canned bean mix** - Canned bean mix in pasta salad/container

**Felafel or lentil patties**

**Hummus** – as a dip with veggies, or on a sandwich



### Fruit

**Fresh fruit**- pack small whole fruit in season – apricots, nectarines, apples etc

**Tinned fruit/'snack pack' fruit** – pack spoon

**Dried fruit** - sultanas, apricots, apples

Wrap whole fruits in a piece of paper towel or serviette to help cushion them from bruising.



### Drinks

**Water** – bottled, from the bubbler, frozen

**Milk** - reduced fat

**100% Fruit juice** – small bottles only (less than 375ml)