



### Fruit

- Apple
- Pear
- Banana
- Orange
- Mandarin
- Plum
- 1 cup of grapes, strawberries, watermelon, rockmelon, fruit salad



### Vegetables

- Corn (1/2 a cob or small tin of kernels)
- Carrot sticks
- Celery sticks
- Green beans
- Snow peas
- Cucumber
- Tomatoes
- Salad (mixed greens, coleslaw, bean salad)
- Baked beans
- Roasted vegetables
- Vegetable frittata

**TIP: you can serve fresh veggies with favourite dips:**

- Hummus
- Tomato salsa
- Tzatziki
- Beetroot dip
- Natural yoghurt



### Milk, yoghurt and cheese

- Plain milk
- Soy or almond milk (calcium enriched)
- Yoghurt
- Cheese slices, cubes or sticks with wholegrain crackers
- Cottage cheese (use as dip for veggie sticks)
- Cream cheese on a sandwich

**TIP: Include a frozen ice pack to keep dairy foods cold**

**Eat with:**

- Fruit
- Wholegrain cereal
- Vegetable sticks
- Rice and corn cakes
- Wholegrain crackers



### Meat and meat alternatives

- Tinned fish in spring-water
- Chicken
- Lean roast or grilled meats
- Lean deli meats
- Boiled egg
- Falafels
- Baked beans
- Tofu cubes

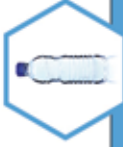
**Eat with:**

- Wholegrain bread/roll
- Wholegrain crackers
- Salad



### Grain and cereal food

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches
- Pasta dishes
- Rice, quinoa or couscous dishes
- Noodle dishes
- Sushi
- Homemade pizzas
- Wholemeal savoury muffins
- Vegetable based muffins
- Pasta or noodle bake
- Crackers
- Crispbreads
- Rice cakes
- Corn thins



### Water

- Pack a bottle of water
- TIP: Freeze overnight to help keep water and foods cool in the lunchbox**