

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain complicated or expensive ingredients. Follow the guide below to make packing an everyday lunchbox quick and easy:



Don't forget to add an ice brick to keep the food cool and safe or use a good quality thermos for hot foods (if permitted at your school).

See lunchbox examples below to use as a guide and give you inspiration when packing your own everyday lunchbox.



Lunchbox Idea 1

- Veg & Fruit Break:** Red capsicum sticks
- Recess:** Wholegrain cereal bites, tinned fruit in natural juice
- Lunch:** Multigrain wrap with chicken, cheese, carrot and lettuce
- Drink:** Water
- Ice brick**



Lunchbox Idea 2

- Veg & Fruit Break:** Cherry tomatoes
- Recess:** Roasted sweet potato chunks, hummus, Cheerios
- Lunch:** Raisin bread sandwich with banana
- Drink:** Water, reduced fat plain milk
- Ice brick**



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Lunchbox Idea 3

Veg & Fruit Break: Tomato chunks, papaya
Recess: Rice pudding with mango, rice crackers
Lunch: Chicken drumstick Sambar
Drink: Water, reduced fat plain milk
Ice brick, thermos



Lunchbox Idea 4

Veg & Fruit Break: Roasted cauliflower
Recess: Kiwi fruit, reduced fat fruit yoghurt
Lunch: Wholemeal wrap with falafel, labneh, baby spinach and tomato
Drink: Water
Ice brick



Lunchbox Idea 5

Veg & Fruit Break: Apple
Recess: Sugar snap peas, baked beans
Lunch: Wholemeal sandwich with chicken, lettuce and avocado
Drink: Water, reduced fat plain milk
Ice brick



Lunchbox Idea 6

Veg & Fruit Break: Cucumber sticks
Recess: Roasted fava beans, orange chunks
Lunch: Vegetable fried rice with egg
Drink: Water, reduced fat plain milk
Ice brick



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Lunchbox Idea 7

Veg & Fruit Break: Green beans
Recess: Sliced apple, reduced fat fruit yoghurt
Lunch: Spring onion pancakes
Drink: Water
Ice brick



Lunchbox Idea 8

Veg & Fruit Break: Celery sticks
Recess: Plain air-popped popcorn, strawberries
Lunch: Wholemeal roll with egg and lettuce
Drink: Water, reduced fat plain milk
Ice brick



Lunchbox Idea 9

Veg & Fruit Break: Watermelon skewers
Recess: Cherry tomatoes, cheese cubes, rice crackers
Lunch: Tuna and vegetable pasta salad
Drink: Water
Ice brick



Lunchbox Idea 10

Veg & Fruit Break: Fruit salad
Recess: Celery sticks, corn fritters, mini cheese snacks
Lunch: Noodle stir-fry with chicken and vegetables
Drink: Water
Ice brick, thermos



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Lunchbox Idea 11

Veg & Fruit Break: Grapes
Recess: Omelette roll with egg and green leafy vegetables, roasted fava beans
Lunch: Indian curried fried rice with chickpeas
Drink: Water, soy milk
Ice brick



Lunchbox Idea 12

Veg & Fruit Break: Mandarin
Recess: Fruit scone, green beans with tzatziki
Lunch: Chicken and vegetable rice paper rolls
Drink: Water, reduced fat plain milk
Ice brick



Lunchbox Idea 13

Veg & Fruit Break: Carrot sticks
Recess: Reduced fat fruit yoghurt, grapes
Lunch: Wholemeal sandwich with tuna, tomato and lettuce
Drink: Water
Ice brick



Lunchbox Idea 14

Veg & Fruit Break: Grapes
Recess: Pikelets, corn on the cob
Lunch: Mixed vegetable and chicken salad with cous cous
Drink: Water, reduced fat plain milk
Ice brick

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Lunchbox Idea 15

Veg & Fruit Break: Pear, cherry tomatoes
Recess: Boiled egg, baby spinach, roasted fava beans
Lunch: Rice cakes with vegemite and cheese
Drink: Water
Ice brick



Lunchbox Idea 16

Veg & Fruit Break: Carrot chunks
Recess: Roasted fava beans, orange slices
Lunch: Wholemeal Lebanese wrap with feta cheese, cucumber, lettuce and lamb kofta
Drink: Water, reduced fat plain milk
Ice brick



Lunchbox Idea 17

Veg & Fruit Break: Edamame beans
Recess: Cheerios, banana
Lunch: Sushi with tuna, avocado and cucumber
Drink: Water, soy milk
Ice brick



Lunchbox Idea 18

Veg & Fruit Break: Tomato salad
Recess: Wholemeal Lebanese bread, ricotta cheese with zaatar seasoning, red dates
Lunch: Chicken kebobs and mujadara (brown lentils and rice)
Drink: Water
Ice brick



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Lunchbox Idea 19

- Veg & Fruit Break:** Watermelon, green peas
- Recess:** Reduced fat plain yoghurt, air-popped popcorn
- Lunch:** Cauliflower and spinach dahl with naan bread
- Drink:** Water
- Ice brick, thermos**



Lunchbox Idea 20

- Veg & Fruit Break:** Mixed fruit and vegetable skewers
- Recess:** Pikelets
- Lunch:** Steamed vegetable dumplings with egg and vegetable fried rice
- Drink:** Water, soy milk
- Ice brick**