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





Lunchbox Idea 2

Veg & Fruit Break: Cherry tomatoes

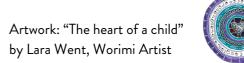
Recess: Roasted sweet potato chunks, hummus,

Cheerios

Lunch: Raisin bread sandwich with banana

Drink: Water, reduced fat plain milk







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

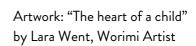
Veg & Fruit Break: Cucumber sticks

Recess: Roasted fava beans, orange chunks

Lunch: Vegetable fried rice with egg

Drink: Water, reduced fat plain milk









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





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

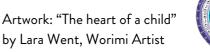
vegetables

Drink: Water

Ice brick, thermos











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

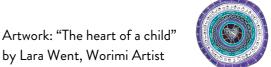
Recess: Pikelets, corn on the cob

Lunch: Mixed vegetable and chicken salad with

cous cous

Drink: Water, reduced fat plain milk







Lunchbox Idea 15

Veg & Fruit Break: Pear, cherry tomatoes

Recess: Boiled egg, baby spinach, roasted fava

Lunch: beans

Drink: Rice cakes with vegemite and cheese

Ice brick Water



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



Artwork: "The heart of a child" by Lara Went, Worimi Artist





Lunchbox Idea 19

Veg & Fruit Break: Watermelon, green peas

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



