

School Lunch Box Ideas

GRAINS

Sandwiches
Croissant
Muffins
Rice Crackers
Muesli Bar
Pop Corn
Dry Cereal
Corn Thins
Wraps
Pikelets
Pizza Scrolls
Sweet Scrolls
Banana Muffins/Bread

Trail Mix
Pizza Muffins
Pita Bread & Dip
Corn Chips
Cheese Biscuit Bites
Carrot Cake
Rice Slice
Pinwheels
Cold Pasta Salad
Fried Rice

VEGGIES

Carrot Sticks & Dip
Olives
Cucumber Slices
Celery Sticks
Zucchini Slice
Vegetable Muffins
Snow Peas
Cherry Tomatoes
Small Cans of Corn

DAIRY

Yoghurt Tubs
Cheese Sticks/Triangles
Yoghurt Drink
Long life Milk Poppers
Smoothies – freeze them
Custard Cups

MEATS/PROTEIN

Dried Chickpeas
Hard Boiled Egg
Hummus
Meat Sandwiches & Wraps with salad
Tuna
Shredded Chicken Breast
Ham
Salami
Sliced Turkey
Mini Quiches
Baked Beans
Mini Pizzas
Leftovers
Rice Paper Rolls
Homemade Sausage Rolls
Ham. Cheese & Corn Muffins

FRUIT

Fresh Sliced Fruit
Dried Fruit – Banana, Apricot, Sultanas
Fruit Leathers
Fruit Cups
Whole Fruit
Fruit Juice
Smoothies – freeze them
Date & Seed Balls

TREAT

Chips/Packaged Crackers
Biscuits
Cakes/Brownies
Small Chocolate Bar
Jelly Cups
Muesli & Milo Biscuit Bites
Lunchbox Scones

Aim to choose 1 item from each category to make a balanced Morning Tea and Lunch

Find these recipes and more at www.cookingforbusymums.com