

Healthy lunches and snacks are important for children and help with concentration and learning. We know that children need to eat plenty of fruit and vegetables every day, along with plenty of whole grains, dairy, protein and water. But how can you include these all in your child's lunch box and still make it fun and interesting to eat? *Source: betterhealth.vic.gov.au*

## Monday

**Morning snack:** Watermelon cubes and a small serve of UHT milk

**Lunch:** Leftover vegetable frittata, made with vegetables, milk, and eggs

**Afternoon snack:** A few strawberries and a small handful of blueberry shredded wheat parcels

**Drink:** Water

## Tuesday

**Morning snack:** Ants on a log: Fill celery sticks with cream cheese or peanut butter (if allowed) and dot with currants or sultanas

**Lunch:** Pinwheel sandwich – layer a slice of wholegrain bread with avocado, grated carrot, cucumber and lettuce, then roll up and cut in half.

**Afternoon snack:** Piece of fruit such as a kiwi or pear

**Drink:** Water

## Wednesday

**Morning snack:** Fresh celery sticks tied in a ribbon (see tip below) with some homemade popcorn

**Lunch:** Wholegrain roll filled with tuna mixed with butter beans, cucumber and low-fat mayonnaise.

**Afternoon snack:** Two small pieces of fruit, such as a plum and a nectarine

**Drink:** Water



**TRICK:** Pop a ribbon around some vegetable sticks to make them look extra special. They are also easy for children to carry around in the playground.

**TIP:** Make tuna, butterbean and cucumber mix the night before and store in the fridge to use in sandwiches/rolls for the following two days.

## Thursday

**Morning snack:** Snow peas and sliced capsicum with low-fat tzatziki dip

**Lunch:** Veggie pita pockets: encourage kids to fill pita pockets with their choice of chopped vegetables and dips.

**Afternoon snack:** Low fat/sugar fruit yogurt and small piece of fruit, such as an apricot

**Drink:** Water



## Friday

**Morning snack:** Snake orange

**Lunch:** Tandoori chicken wrap – tortilla bread spread with tzatziki and filled with grilled skinless chicken marinated in tandoori spices, diced tomato, cucumber and shredded lettuce

**Afternoon snack:** Veggie slice: Mix grated vegetables (e.g. zucchini) with chopped onion, cheese, flour and eggs and bake in a moderate oven until golden brown

**Drink:** Water

**TRICK-** The snake orange: with a small knife cut around the orange cutting just the skin off. Remove the orange from the peel, cut it in half both ways then place back in the natural skin.

### Remember.....

- Healthy shopping and preparation will help you save money, time and ensure a healthy lunchbox
- Using leftovers is a great way to save time and money
- For budgeting tips visit: [www.foodcentsprogram.com.au](http://www.foodcentsprogram.com.au)
- For more healthy recipes and tips on getting the kids involved visit: [www.healthytogethertomildura.com.au](http://www.healthytogethertomildura.com.au) and [www.facebook.com/HealthyTogetherMildura](https://www.facebook.com/HealthyTogetherMildura)