California Gully Primary School – Healthy Lunchboxes

The base:
(Choose a base)
Pasta, rice, potatoes, cous cous, noodles, spaghetti, bread (wholemeal, rye, pita, Lebanese, rolls, bagels) crackers, foccacia, english muffins, damper

Fillings:
(Choose a filling)
Lean beef, lamb, pork, ham, corned, beef, rissoles, meatloaf, chicken breast, tinned tuna/salmon/sardines, cheese (cheddar, feta, cream cheese, haloumi or cottage cheese) baked beans, three bean mix

Cooked vegetables and salad:
(add two or more of the following)
Lettuce, tomato, cucumber, grated carrot, snow peas, celery, capsicum, mushrooms, Chinese cabbage, bok Choy, zucchini, egg plant, beans, pitted olives, spinach, asparagus, pumpkin, sweet potato, avocado

Flavourings:
Parsley, chives, curry powder, mild mustard, salt reduced tomato sauce, soy sauce, mayonnaise, vegemite, promite and marmite.

Fruit:
(add one of the following)
Apple, banana, mandarin, pear, bunch of seedless grapes, apricot, peach, plums, a small container of fruit salad, nectarine, strawberries, snack pack container of fruit, cut pieces of watermelon and rockmelon, orange (snake-peeled and then re-wrapped), kiwi fruit, coconut.

Snack Ideas:
Fruit: fresh, dried or tinned (in natural juice), yoghurt, hard boiled egg, baked beans, corn cob, popcorn (plain), fruit muffins, whole-wheat crackers with cheese, scones (plain, wholemeal, pumpkin or sultana), pikelets, rice cakes with vegemite, vegetable sticks with dip, frozen UHT milk, Kebabs (with lots of vegies).

Drinks:
Water should be available at all times, fruit juice (100% diluted with half water) in a drink bottle, UHT reduced fat milk.

Some Suggestions:
- **Triple Deckers:** make a sandwich with three slices of bread and two layers of filling. Remove crusts and cut into three fingers.
- **Pita Pockets:** half a pocket bread filled with your choice of fillings
- **Pita pinwheels:** take large pita bread, top with a layer of peanut paste, grated carrot and sultanas. Roll up, cut into pieces and wrap
- **Mini Pizza:** Take half a muffin/bread roll/small pocket bread. Top with tomato paste, chopped tomato, ham, pineapple, capsicum and onion. Sprinkle with grated cheese and grill till golden. Cool before wrapping.

* See back of sheet for additional recipes to try