

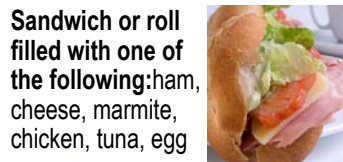


Each day choose one food from each group for the pack lunches - this will provide a balanced diet across the main food groups and make a great start towards their daily requirements for fruit and vegetables!

# Pack lunches for kindy age and early primary

Name: \_\_\_\_\_

Here are a few ideas for great sandwiches



**Sandwich or roll filled with one of the following:** ham, cheese, marmite, chicken, tuna, egg



**Sandwich or roll with:** Vegemite, peanut butter or honey

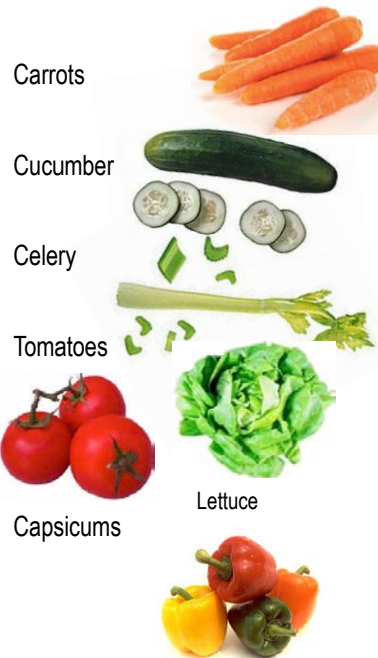


**Pitta Bread with:** Ham, cheese, chicken or salad



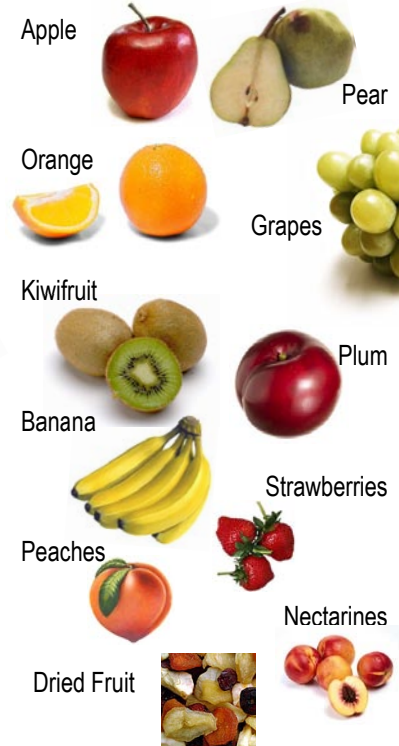
**Crackers with:** Cheese, ham or salad

Suggestions for vegetables include

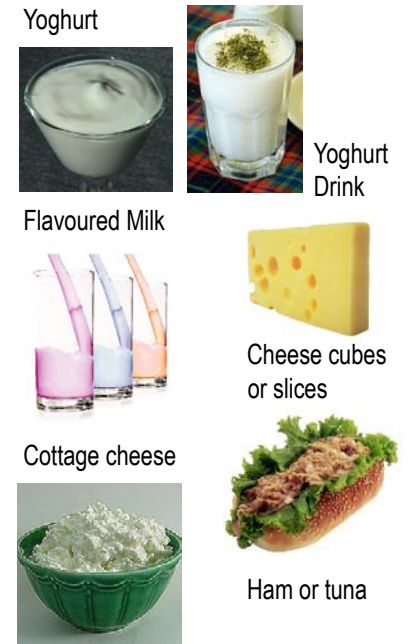


Choose 2 fruits if no vegetable option included

Suggestions for fruit include



Suggestions for dairy/protein



You may also want to add one of the following treats occasionally:  
Baked muesli bars, natural jellies in a bag, popcorn, home made fruit muffins

...And remember the water bottle

