

# Back-to-School Healthy Lunchbox Planner for Parents

1 February 2021 3 minutes



To balance the lunchbox, include foods from each of the five core food groups (fruit; vegetables, legumes & beans; dairy & alternatives; lean meats, eggs & alternatives; grains & cereals) and add a bottle of water.

Eggs are a nutrient rich inclusion in children's lunchboxes due to their high quality protein, essential for growing bodies, and their 11 different vitamins and minerals, antioxidants and healthy omega-3s.

This one-week lunchbox plan is created by an Accredited Practicing Dietitian and it includes plenty of tasty and simple ideas that are sure to appeal to the kids!

	Monday	Tuesday	Wednesday	Thursday	Friday
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	<b><u>Sweetcorn &amp; Broccoli Slice</u></b>		<b><i>Chicken &amp; Avocado Roll*</i></b>	<b><u>2 x Egg Muffins 3 Ways</u></b>	<b><i>Turkey, cream cheese and cranberry wholegrain sandwich*</i></b>
Lunch	+ a slice of wholegrain or high fibre bread  + handful of cherry tomatoes  + water	<b><i>Tuna &amp; Pasta Salad*</i></b>  + water	+ strawberries/mixed berries  + water	+ a bunch of grapes  + water	+ cherry tomatoes & baby cucumber  + water
Snack	Sliced fruit (e.g. orange, mandarin & watermelon)	Fruit salad + 1 tub yoghurt	Hard boiled egg + carrot sticks with hummus	Wholegrain crackers with cheese + carton of milk	Tub of yoghurt + sliced peach/plum

### **Notes about this lunchbox plan**

- This plan has been developed by an Accredited Practicing Dietitian at Food & Nutrition Australia.
- Energy requirements vary depending on children's age, activity, height and weight. Those who are very active may need to eat more. For personalised advice, seek the services of an Accredited Practicing Dietitian.
- **\*Lunch Recipes\***
  - Sweetcorn & Broccoli Slice - recipe found [here](#)
  - Tuna & Pasta Salad - made with tuna, corn, cooked pasta, cherry tomatoes and a tbsp of mayonnaise stirred through (add olives as an optional extra).
  - Chicken and avocado roll - spread a wholegrain or white high fibre roll with mashed avocado. Top with shredded chicken, a slice of cheese, cucumber & lettuce.
  - Egg Muffins 3 ways - recipe found [here](#)
  - Turkey, cream cheese and cranberry wholegrain sandwich - made with cream cheese, baby spinach, sliced turkey breast & cranberry sauce

### **Healthy Lunchbox Tips**



- As kids head back to school in the summer time, it's important to take steps to keep the lunchbox cool to reduce the growth of any harmful bacteria. Choose an insulated lunch box, a small freezer pack, or include a wrapped frozen water bottle.
- Involve children in planning and preparing their lunch box. To help with their decision making provide a short list of options that consist of healthy

choices. **Children are more likely to eat something they have helped to select.**

- Eggs are a highly nutritious food and provide a range of essential vitamins and minerals for children's growth and development. Offer children a range of egg options for their lunch box such as mini frittatas, egg rolls, egg salad or omelettes that can be sliced and eaten with fingers.
- To avoid soggy sandwiches while still including veggies in the lunchbox, include options such as snacking cucumbers, colourful cherry tomatoes, celery sticks and crunchy snow peas.
- Cut up different types of fruit on the weekend and keep it in different containers. Provide children with a different mix of fruits over the course of the week to help keep their fruit intake varied and interesting, while also being easy to eat and time saving.
- Water is the best drink for children and should be packed with the school lunch box every day. It can be frozen to help keep foods in the lunch box

## Other Lunchbox Recipe Ideas





### Ham, Egg & Tomato Calzone

45 mins

8 people







## Ham, Cheese and Olive Loaf

50 mins

8 people





### Air Fryer Mini Egg and Mince Parcels

90 mins

6 people

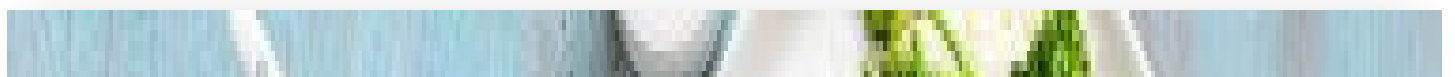




## Breakfast roll ups

20 mins

2 people









## Japanese Egg Roll

30 mins

4 people





## Cheese and broccoli fingers

45 mins

4 people

