



SCHOOL LUNCH GUIDE

Snack Attack – Fruit & Vegies	Morning Tea Snacks	Lunch Time
Apple: whole, slinky, quartered & bagged	Fruit muffin	Meat: ham, chicken, pork, lamb, beef, tuna, salmon, sardines, pate, salami
Orange: peeled and segmented	Cookies	Cheese: cheddar, cottage, cream, spread, Gruyere, Edam, Swiss, Camembert, Brie, Mozzarella
Mandarin: peeled and unsegmented or unpeeled	Crackers & cheese	Salad: lettuce of any sort, tomato, cucumber, celery, capsicum, alfalfa sprouts, bean sprouts, radishes, onion, beetroot, dill pickle
Watermelon: cut into pieces	Crackers & dip	Spreads: Vegemite, Marmite, Promite, peanut butter, jam, cream cheese, fish spreads, meat pastes, pickles, chutney, vegie spreads, mayonnaise
Banana	Crackers & spreads: Vegemite, fish paste, peanut butter, jam	Breads: Sliced wholemeal or multigrain, bread rolls, pita pockets, tortilla wraps, Lebanese bread, bread sticks, baguette, pizza base, rice cakes, croissant, savoury scrolls, cracker breads
Grapes	Boiled egg	Egg, curried egg, savoury egg spread
Stone fruit: apricots, peaches, plums, cherries, nectarines	Homemade slice or bar	Leftover pasta, noodles in heatproof container
Strawberries	Homemade LCM bar	Hot dogs
Rockmelon, cantaloupe	Hummus & vegie sticks or bread/crackers	Cold quiche, pie, frittata, pasta bake
Kiwifruit + spoon	Pikelets: plain or with butter & jam	Baked beans, tinned spaghetti
Pineapple pieces	Pikelets with fruit or grated vegies added	
Blueberries	Plain or fruit scones with or without butter & jam	
Raspberries	Savoury scones	
Pears	Fruit cake or plain, uniced cake	
Dried fruit: sultanas, apricots, cranberries	Fruit bun, plain or with butter and/or jam	
Fruit kebab	Lamingtons	
Carrot sticks	Sweet scrolls	
Snow peas	DIY fruit roll ups	
Celery sticks	Cream cheese wedges	
Cherry tomatoes	Salad dressing & vegie sticks (eg Ranch)	
Cauliflower or broccoli florets	Weetbix: buttered with or without jam, Vegemite etc	
Capsicum sticks	Corn chips & salsa	
Olives	Sun chips, Grainwaves or rice crackers	
Green beans	Plain or fruit yoghurt	
Radishes	Jelly cup with fruit	
Gherkins/pickles		