

Tasty School Lunchbox Ideas

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Use this list of tasty ideas to put together lunches everyone will love. Choose a grain, a protein (or two) and something from the fruit and vegetable list to create taste bud tempting lunches.

Grains

- Wholemeal tortillas
- Wholemeal muffins
- Wholemeal sandwich
- Veggie Chips
- Pretzels
- Homemade Muesli Bar
- Homemade Crunchy Granola
- Popcorn
- Homemade Mac'n'Cheese
- French toast sticks with whipped ricotta and maple syrup
- Wholemeal waffles
- Wholemeal pancakes
- Popcorn
- Pizza pockets
- Cruckits
- Pita Chips
- MOO Lunchables
- Aussie Sushi
- Puzzle Sandwich
- Wholemeal subs
- English muffin with PB/honey
- English muffin with Vegemite/cheese
- Cheese quesadilla
- Pita Pockets with PB, Banana, honey
- Naan/Flatbread with Dipping Sauce
- Tostadas with refried beans/cheese
- Wholemeal Crackers with Cheese
- Bagel with cream cheese
- Pasta with marinara Sauce

Protein

- Hard-boiled egg
- Peanut butter with apples, celery
- Grilled chicken strips
- Ham and cheese kebabs
- Turkey rollups
- Leftover spaghetti
- Cottage cheese with carrot sticks
- Cheese sticks
- Plain yogurt with fruit or muesli
- Leftover tacos
- Cheese wedges or circles
- Cheese slices
- Meatball sliders
- Tuna salad
- Mini tacos
- Roast beef
- Trail mix - sunflower, pumpkin, raisins, choc
- Hummus
- Leftover fajitas
- BLT sliders
- Refried beans
- Rice & beans 'salad'
- Leftover Sloppy Joes

Tasty School Lunchbox Ideas

Fruits & Vegetables

- | | |
|--|---|
| <input type="checkbox"/> Banana | <input type="checkbox"/> Coleslaw |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Spinach or Lettuce/Dressing |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Blueberries |
| <input type="checkbox"/> Orange Slices | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Sultanas |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Craisins |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Honeydew melon wedges | <input type="checkbox"/> Baby carrots |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Sugar Snap Peas |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Corn-Black Bean Salsa |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Pickles |
| <input type="checkbox"/> Pineapple | <input type="checkbox"/> Cucumber slices |
| <input type="checkbox"/> Mandarins | <input type="checkbox"/> Applesauce |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Green/Yellow/Red capsicum strips |
| <input type="checkbox"/> PawPaw | |

Lunch Packing Tips & Tricks

Simplify the lunch packing process by implementing one (or more) of these plans or systems.

1. Create a lunch packing station where you keep everything you need to pack lunches. A basket or a drawer is ideal.
 - a. Store wrapping, foil, ziplock bags, reusable containers etc. in the one place.
 - b. Set up box or basket to store lunchboxes, drink bottles and thermoses.
 - c. Set up basket in the pantry with 'dry' snacks, like muesli bars, crackers, trail mix and chips.
 - d. Set up plastic box in the fridge for 'cold' snacks, like snack bags with baby carrots, grapes, berries, etc.
2. Make a Plan.
 - a. See our Tasty School Lunchbox Ideas for inspiration.
 - b. Use the What's for Lunch planner to get it all on paper.
3. 1 Hour Lunch Prep Block.
 - a. Block out 1 hour a week to make lunches.
 - b. Bake what you can in 1 hour - muffins, quiche, quick breads.
 - c. Wash and chop veggies and fruit.
 - d. Preload your lunchboxes.
 - e. Prepack your dry and cold snack bags.
4. Get the Kids Involved.
 - a. Have the kids help load crackers or veggie sticks etc. into bags or boxes
 - b. Load their own boxes with fruit.

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