

5 Day Healthy Lunch Box Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Recess	Vegie dippers (Carrot, celery, cucumber and capsicum sticks with reduced fat dip like hummus and rice crackers)	Banana or mandarin or cherries & Slice of fruit bread spread with cream cheese	Fresh pear or apple or piece fresh seasonal fruit. Cheese stick or wedge of reduced fat cheese	Fresh dates and carrot sticks. A slice of reduced fat cheese and Jatz biscuits or rice crackers	Halved Kiwifruit (include a plastic spoon to eat it) or a bunch of seedless grapes or frozen orange wedges. Reduced fat cereal bar or a cream cheese pikelet
Lunch	Avocado, ham, cucumber & lettuce wholegrain sandwich. Fresh seasonal fruit salad	Cherry tomato, cucumber & tuna pasta salad. Apple or pear or small bunch of seedless grapes or mandarin	Crunchy salad & cream cheese wrap. Banana & (optional) Small tub of vanilla fruche or yoghurt	Pita pocket bread with boiled egg, lettuce, celery and a little reduced fat mayonnaise or hummus. Fresh seasonal fruit salad	Crunchy celery, grated cheese & lettuce wholegrain roll. Melon balls (rockmelon, watermelon and/or honeydew melon) or a piece seasonal fruit
					