

LEAPS

learning eating active play sleep

Lunchbox Combinations



	<p>This lunchbox provides the following number of serves from the five food groups:</p> <ul style="list-style-type: none"> • Grains (cereal) foods: 1½ • Milk, yoghurt, cheese and/or alternatives: 1¼ • Fruit: ½ • Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans: ½ • Vegetables and legumes/beans: ½ -1 	<p>1 – 2 years</p> <ul style="list-style-type: none"> • Lean roast meat and vegetable mini pizza • 1 Fruit scone • ½ cup fruit salad • 200ml yoghurt • Water
	<p>This lunchbox provides the following number of serves from the five food groups:</p> <ul style="list-style-type: none"> • Grains (cereal) foods: 2½ • Milk, yoghurt, cheese and/or alternatives: 1½ • Fruit: 1 • Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans: ½ • Vegetables and legumes/beans: 1 	<p>2-3 years</p> <ul style="list-style-type: none"> • 1-1½ cups chicken and vegetable rice • Pureed apple • 2 crackers with cheese • 200ml yoghurt • Water
	<p>This lunchbox provides the following number of serves from the five food groups:</p> <ul style="list-style-type: none"> • Grains (cereal) foods: 2½ • Milk, yoghurt, cheese and/or alternatives: 1 • Fruit: 1 • Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans: ½ • Vegetables and legumes/beans: 2 	<p>4-8 years</p> <ul style="list-style-type: none"> • Tuna, cheese and salad sandwich • 1 mandarin • 2 pikelets with jam • 200ml yoghurt • Carrot and celery sticks • Water