

HEALTHY LUNCHBOXES FOR 1 TO 4 YEAR OLD CHILDREN

1 YEAR OLDS

FOOD GROUP	SERVES PER DAY
Vegetables & legumes	2 - 3
Fruit	0.5
Grains & cereal	4
Lean meat & alternatives	1
Dairy & alternatives	1 - 1.5

LUNCHBOX #1



Egg and lettuce sandwich

LUNCHBOX #2



Spaghetti bolognese



½ cup full-fat milk



¼ banana



1 pikelet



100g full-fat yoghurt + ¼ cup chopped strawberries

HEALTHY LUNCHBOXES FOR 1 TO 4 YEAR OLD CHILDREN

2 TO 3 YEAR OLDS

FOOD GROUP	SERVES PER DAY
Vegetables & legumes	2.5
Fruit	1
Grains & cereal	4
Lean meat & alternatives	1
Dairy & alternatives	1.5

LUNCHBOX #1



Chicken sandwich with lettuce and tomato

LUNCHBOX #2



Spaghetti bolognese



$\frac{3}{4}$ cup full-fat milk



$\frac{1}{2}$ banana + $\frac{1}{4}$ cup halved cherry tomatoes



1 slice of bread + avocado + $\frac{1}{4}$ cup halved cherry tomatoes



150g full-fat yoghurt + $\frac{1}{2}$ cup chopped strawberries

HEALTHY LUNCHBOXES FOR 1 TO 4 YEAR OLD CHILDREN

4 YEAR OLDS

FOOD GROUP	SERVES PER DAY
Vegetables & legumes	4.5
Fruit	1.5
Grains & cereal	4
Lean meat & alternatives	1.5
Dairy & alternatives	Girls: 1.5 - Boys: 2

LUNCHBOX #1



Chicken sandwich with
lettuce and tomato

LUNCHBOX #2



Spaghetti bolognese



¾ cup full-fat milk



1 banana + ¼ cup halved cherry
tomatoes + ¼ cup carrot sticks +
¼ cup hummus + 20g cheddar
cheese (boys only)



3 crispbread + ¼ mashed
avocado + ½ boiled egg



150g full-fat yoghurt + ½
cup strawberries + ½ cup
blueberries

