

# Lunchbox Finger Foods For Under 5's



## GRAINS:



Cooked pasta



Sandwich squares



Wholegrain crackers or rice/corn thins



Sushi sandwiches



Homemade mini fruit muffins

## MEAT / ALTERNATIVES:



Shredded chicken



Chickpea pattie



Hummus (*carrot or crackers for dipping*)



Hard boiled egg



Homemade mini meatballs

## DAIRY / ALTERNATIVES:



Ricotta & mashed banana sandwich



Cheese cubes or slices



Yoghurt tub



Ricotta or yoghurt based dip



Frozen milk popper

## FRUIT:



Stewed fruit (e.g. apple)



Grapes (*chop in half*)



Chopped orange (*remove seeds*)



Chopped banana



Fresh/frozen berries (*chopped/thawed*)

## VEGETABLES:



Peas & corn



Cherry tomatoes (*chop in half*)



Carrot sticks (*lightly steamed for <3yrs*)



Cucumber sticks



Baked sweet potato slices

