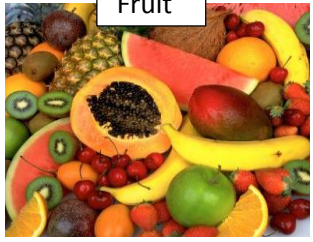


# Some ideas for your children's lunchboxes

Please note that eggs, nuts, pies, noodles, all nut bars, chips, juice, confectionary and peanut butter are exempt from children's lunchboxes for allergy reasons. Here are some ideas for your lunch box

Fruit



Cheese Rolls



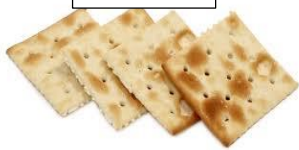
Filled Buns



Yoghurt



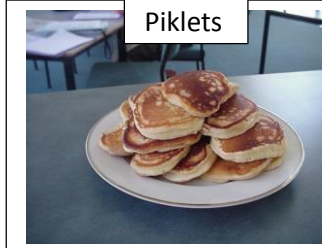
Crackers



Vegetables



Piklets



Fruit Salad



Toasties



Cheese slices



Muffins



Malt/Wine biscuits



Sandwiches



Scones



Raisins



Sushi



Cooked Pasta



Belgium/Ham slices



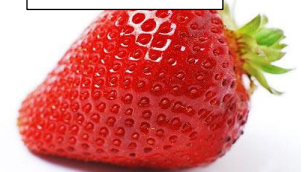
Carrot & Cucumber sticks



Toasted Sandwiches



Strawberries



Cherry Tomato's



Soup



Hot cross buns



Leftover Dinner



Mini Pizza



Spaghetti/Baked Beans



Bananas



Macaroni Cheese



# What's For Lunch

**We have very strong relationships with our community and the well child nurse has provided us with the following information that could benefit your tamariki.**

- Try a variety of breads such as French sticks, wholemeal, pita, white, naan, crackers

## ***Filling ideas:***

- Some children may prefer only one filling and will eat a chopped tomato or cucumber on the side-  
cheese, tinned fish, hummus, banana, marmite/vegemite, grated carrot, lettuce, beetroot and  
sprouts.
  - Try and keep sweet spreads such as honey and jam to a minimum

## ***For the non-sandwich eater-some ideas***

- Left over pizza, cold macaroni cheese, potato/kumara/rice salad, muffins, scones, crumpets, crackers  
and cheese, weetbix and spread or other breakfast cereal.

## ***Snacks***

- Cheese slices, piklets, fruit loaf, custard, fruit and vege sticks. Dried fruit is good but make sure it is not  
the only snack as it is sweet and sticks to the teeth.