

Serving sizes for the school lunch box

A Guide for Parents



Crunch & Sip 1 banana	Crunch & Sip 1 cup carrot sticks	Crunch & Sip 1 apple	Crunch & Sip 1 cup celery, capsicum and cucumber sticks	Crunch & Sip Bunch of grapes
Recess 1 cup vegetable sticks 5 - 10 rice crackers ¼ cup hummus dip	Recess 2 savoury pikelets	Recess ½ cup of broccoli and cauliflower florets 5 water crackers ¼ cup tomato salsa dip	Recess 1½ tablespoons sultanas 1 slice of fruit loaf	Recess ½ cup 4 bean mix 1 - 2 wholegrain crisp breads
Lunch ½ wholemeal pita bread with ham and salad 100g - 200g tub of fruit yoghurt Water	Lunch Roast beef and salad sandwich 1 small mandarin and kiwi fruit Cheese stick Water	Lunch Tuna, avocado and lettuce in a wholemeal roll 100g - 200g tub of fruit yoghurt Water	Lunch Chicken leg ½ Corn cob 2 - 3 corn thins with cheese slices Water	Lunch Egg, celery, lettuce and reduced fat mayonnaise wrap ½ - ¾ cup of reduced fat custard Water

Note: While variety can make lunchtime interesting, sending a sandwich each day is OK. Variety can come from bread types, sandwich fillings and other foods in the lunch box. Just make sure the choices are healthy and the bread is wholemeal or high fibre.

Please don't send these foods to school:

- Sticky snacks like some health food bars, lollies and fruit straps as these may cause tooth decay.
- Foods high in fat and sugar like cream-filled and chocolate-coated biscuits, chocolate and chocolate or yoghurt coated health food bars.
- Foods high in fat and salt like chips and savoury snack biscuits.

Ideas to keep the lunch box cool:

- Use insulated lunch boxes or cooler bags
- Pack a frozen drink bottle or freezer brick inside the lunch box or bag, next to foods that should be kept cold, for example cheeses, yoghurts, meats and salads
- Freeze water bottles half filled, then top up with cold water before school so there's liquid to drink
- If making lunches ahead of time, keep them in the fridge until leaving for school or freeze them in advance. Foods that freeze well include bread, cooked meat, cheese or Vegemite™
- Ask children to keep packed lunches in their school bag and to keep their bag out of direct sunlight and away from heat, ideally in a cool, dark place such as a locker

(taken from <http://www.foodauthority.nsw.gov.au/consumers/life-events-and-food/kids/tips-for-lunch-boxes>)

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A school lunch box should provide approximately 1/3 of a child's daily nutrients. The below table provides 1/3 of the nutrients outlined in the dietary guidelines. The serving sizes are for children aged 4—11 years.

Salad vegetables or legumes (1½ - 2 serves)	Fruit (½ - 1 serve)	Grain (cereal) foods (1½ - 2 serves)	Lean meats, chicken, fish, or alternatives (½ - 1 serve)	Dairy foods or high calcium alternative (½ - 1 serve)
Each of the following is 1 serve: ½ cup cooked or raw vegetables 1 cup salad ½ cup of legumes eg, lentils, beans ½ cup corn 1 medium tomato	Each of the following is 1 serve: 1 medium piece of fruit 2 small pieces of fruit 1 cup of tinned fruit 30g dried fruit (occasional)	Each of the following is 1 serve: 1 slice of bread ⅔ cup breakfast cereal ½ cup cooked rice ½ cup cooked pasta	Each of the following is 1 serve: 65g cooked red meat 80g cooked chicken 100g cooked or tinned fish 1 cup cooked legumes 2 large eggs	Each of the following is 1 serve: 250 ml milk 40g cheese ½ cup ricotta cheese ¾ cup yoghurt 250 ml calcium fortified soy milk
Examples: ½ corn cob ½ cup green beans ¼ cup hummus ½ medium potato 1 cup cucumber sticks 1 cup carrot sticks 1 cup cherry tomatoes ½ cup broccoli florets ½ cup 4 bean mix	Examples: 1 medium banana 1 medium bunch of grapes 2 mandarins 2 kiwi fruit 1 medium orange 1½ tablespoons sultanas 1 medium pear 2 small apricots 2 small plums 4 dried apricot halves 6 large strawberries	Examples: 3 wholegrain crispbreads ½ bread roll ½ pita pocket bread 1 English muffin 2 thick rice cakes 3 corn thins 1 slice fruit loaf 5 water crackers 2 pikelets 1 small fruit scone 10 rice crackers ½ cup cooked pasta spirals Choose wholegrain or high cereal fibre varieties.	Example: 1 cup baked beans 65g lean ham (approx. 1 ½ slices) ¼ chicken breast in strips 2 small meatballs 1 chicken drumstick 1 small tin tuna or salmon 1 slice of cold roast meat 170g tofu	Examples: 250 ml plain milk 200g fruit yoghurt ¾ cup (200g) custard snack pack mini cheese wheel 1 cheese cube 1 cheese triangle/ wedge 2 slices of cheese * Reduced fat milk and dairy products are recommended for children over 2 years of age.