



Healthy lunchboxes recipe book

Plan ahead with these kids' lunchbox combos.
We've made it easy with a combo for every day of the week.

Healthier. Happier.



**Queensland
Government**



Lunchbox tips



Looking for inspiration for the kids' school lunches? This handy guide offers up ideas for healthy, easy and filling lunchboxes to make sure your kids enjoy a balanced diet.

We know it can be difficult to come up with tasty and healthy lunchbox ideas every week that the kids will eat — so we've put together eight creative lunchbox combos.

Our five-day lunchbox planner offers up a new lunchbox combo for each day of the week. If you're looking for extra inspiration, we've included another three combos.

These combos make sure your kids' lunches include items across the core food groups.

We've started with the main item of your kid's lunch, which might be a wholegrain sandwich, pasta, frittata or a wrap.

Next, we've given you some ideas about fruit and vegetables to include such as strawberries, blueberries or an apple depending on what's in season. You could also include a fruit kebab or cut up vegetables to pair with a hummus dip.

You can prepare some of these combos the night before — simply keep them in the fridge or freezer until ready to serve. To save even more time during the busy school week, you can also meal prep some elements of the lunchbox combos on the weekend.

These combos are focussed on primary-aged children, but they can be used for children of all ages and levels of appetite.

Simply increase or decrease servings of the main lunchbox item (for example, make 2 small wraps or sandwiches instead of 1) and add in a few more snacks to help silence rumbly tummies!

Get the kids involved!

It's a good idea to go food shopping with your kids and let them choose the fruits, vegetables and other healthy options they want to eat to avoid the lunchbox sitting at the bottom of their school bag at the end of the day.

They might also want to be involved in the food preparation where it's safe to do so, such as mixing ingredients or choosing the toppings on their pizza.





Monday



✓ **Meal prep tip:** Frittatas can be individually wrapped and frozen for up to 3 months.
Slice can be frozen for up to 4 months.

Mini veggie frittatas + snacks lunchbox

Lunchbox ingredients

2 pumpkin, leek and feta mini frittatas*
(pre-prepared)

½ cup cherry tomatoes, cut in half

¼ cucumber, diced

80g blueberries

200g plain natural or Greek yoghurt

36g or one serve of date and muesli slice*
(pre-prepared)

🍽️ 1 serving

🥬 2 serves of veg

🍏 1 serve of fruit

🕒 5m preparation

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*recipe on next page



Monday

Pumpkin, leek and feta mini frittata



 6 servings  9 serves of veg
 20m preparation  40m cooking

Ingredients

olive or canola oil spray

1 leek, white part only,
cut lengthways and finely sliced

600g peeled pumpkin,
cut into 1cm cubes

6 eggs, lightly beaten

$\frac{1}{3}$ cup low-fat milk

95g reduced-fat feta cheese,
cut into 5mm cubes

$\frac{3}{4}$ cup chopped basil leaves

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray a 12-hole, $\frac{1}{2}$ cup capacity muffin pan with oil, set aside. Spray a non-stick frying pan with oil and place on medium heat.
3. Add leek and cook for 3 minutes, stirring occasionally, until softened.
4. Add pumpkin, spray with oil and stir to coat vegetables. Add $\frac{1}{2}$ cup water, cover pan and steam for 10 minutes until just tender.
5. In a medium sized jug, whisk together eggs and milk. Season with black pepper.
6. Remove pumpkin mixture from heat and stir through feta and basil.
7. Place muffin pan on a flat baking tray then spoon pumpkin mixture evenly into 12 holes. Carefully pour over egg mixture to almost fill muffin holes. Bake for 25 minutes, or until firm and golden.
8. Cool in the pan for 5 minutes before turning on a wire rack.

Date muesli slice



 32 servings  8 serves of fruit
 10m preparation  35m cooking

Ingredients

olive or canola oil spray

2 medium apples, core removed,
coarsely grated with skin left on

$\frac{1}{3}$ cup water (80mL)

$\frac{1}{4}$ cup margarine (50g)

2 cups dates, seeds removed

2 cups natural muesli

$\frac{1}{2}$ cup plain flour

$\frac{1}{2}$ cup wholemeal plain flour

1 teaspoon ground cinnamon

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Lightly spray a slice tin (approx. 25x30cm) with oil.
3. Add apple, water, margarine and dates to a small saucepan and bring to the boil.
4. Reduce heat, cover and simmer for a further 5 minutes until the apple is soft. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency.
5. While apple and date mixture is cooking, place muesli in a large frypan. Stir over low heat for 5 minutes until lightly browned.
6. Sift flours into a large bowl, returning husk remaining in the sieve to the bowl.
7. Add cinnamon and muesli to the flours and mix to combine.
8. Stir into the date mixture then spoon into prepared tin.
9. Bake for 20 minutes until firm.
10. Cool in tin before cutting into 32 slices.



Tuesday



✓ **Meal prep tip:** Muffins can be frozen in snap-lock bags for up to 3 months.

Rainbow pasta salad + snacks lunchbox

Lunchbox ingredients

500g of leftover rainbow pasta salad*
(pre-prepared)

150g honeydew melon with skin removed
(squeeze juice from ¼ lemon to keep fresh)

1 fruity muffin* (pre-prepared)

🍴 1 serving

🥬 6 serves of veg

🍏 1 serve of fruit

🕒 5m preparation

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Rainbow pasta salad



4 servings 16 serves of veg
 15m preparation 15m cooking

Ingredients

300g green beans, ends trimmed, cut into 3cm pieces
200g spiral or bowtie pasta
420g can no-added-salt corn kernels, drained
420g can four bean mix, drained
250g punnet cherry tomatoes, halved
1 medium red capsicum, seeded and cut into thin 3cm strips
½ medium red onion, peeled and finely chopped
½ cup drained fat-free semi-sundried tomatoes, drained and chopped
½ cup flat-leaf parsley, finely chopped
½ cup basil leaves, shredded

Dressing

1½ tablespoons Dijon mustard
½ tablespoon honey
½ tablespoon white vinegar or white wine vinegar
½ tablespoon water

Method

1. Bring a medium-sized saucepan of water to the boil. Add green beans and simmer for 2 minutes until they are bright green. Remove beans with a slotted spoon and refresh under cold water. Alternatively cook beans in the microwave on high (100%) for 2 minutes with a tablespoon of water in a microwave-safe bowl.
2. Add pasta to the boiling water and cook according to packet directions until just tender.
3. Drain well and add to a large serving bowl with drained beans and remaining salad ingredients.
4. In a small jug, mix dressing ingredients together then pour over salad. Toss until well combined.

Fruity muffins



12 servings 3.5 serves of fruit
 20m preparation 20m cooking

Ingredients

olive or canola oil spray
1½ cups wholemeal flour
½ teaspoon baking powder
½ teaspoon bicarbonate of soda
1 tablespoon caster sugar
½ cup bran
½ cup rolled oats
½ cup sultanas
1 medium apple, core removed and diced, skin left on
¾ cup buttermilk
1 egg
2 medium ripe bananas, mashed (1 cup)

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Lightly spray muffin tins with oil or line with paper cases.
3. Sift flour, baking powder and bicarbonate of soda into a large bowl, returning the husk remaining in the sieve to the bowl.
4. Add sugar, bran, oats, sultanas and apple and mix until well combined.
5. Place buttermilk, egg and mashed bananas in a bowl and mix with a fork.
6. Pour banana mixture into dry ingredients and gently fold together until just combined.
7. Spoon into prepared muffin pan.
8. Bake until firm (15 minutes for mini muffins or 20 minutes for larger ones). You'll know they are ready when a knife can be inserted into the centre and comes out clean.
9. Allow to cool in tin for 5 minutes then turn onto a wire rack.



Wednesday



Pesto chicken wrap + snacks lunchbox

Lunchbox ingredients

1 pesto chicken wrap*

1 banana (whole)

2 zucchini and corn fritters*
(pre-prepared)

🍴 1 serving

🥬 2.5 serves of veg

🍏 1 serve of fruit

🕒 8m preparation

✓ **Meal prep tip:** Wrap fritters individually in plastic wrap and then in foil and freeze for up to 1 month.

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Pesto chicken wrap



 1 serving

 1 serve of veg

 5m preparation

Ingredients

1 wholemeal or wholegrain wrap

1-2 tsp basil pesto

90g cooked or BBQ chicken breast

¼ medium Lebanese cucumber,
thinly sliced

¼ cup alfalfa sprouts

¼ medium red capsicum,
thinly sliced

Method

1. Spread pesto down the centre of the wrap.
2. Layer ingredients, fold the wrap over and roll up.

Zucchini and corn fritters



 6 servings

 10 serves of veg

 25m preparation  20m cooking

Ingredients

1 medium zucchini, grated

2 small red capsicums, diced
(put ⅓ aside for salsa)

400g can no-added-salt corn
kernels, drained

2 spring onions, (including green tops),
chopped

½ cup chopped basil

1 cup grated reduced-fat cheddar
cheese (80g)

freshly ground black pepper, to taste

¾ cup self-raising flour

3 eggs

½ cup low-fat milk

olive or canola oil spray

Salsa

2 avocados, diced

1 large tomato, diced

juice of 1 lime

¼ cup chopped basil

Method

1. Squeeze zucchini of excess liquid and place in a large bowl with ⅔ of the capsicum and the corn, spring onions, basil and cheese. Season with pepper.
2. Sift flour over vegetables then mix to combine.
3. Pour milk into a jug, add eggs and whisk together with a fork. Add to vegetables and stir well.
4. Heat a large non-stick frypan over medium heat and spray liberally with oil. Drop heaped tablespoons of mixture evenly spread around the pan and spread using the back of a spoon to 8cm diameter. Cook for 2 minutes or until firm and golden. Flip and brown on reverse side for 2 minutes.
5. Transfer to a plate, keep warm and repeat cooking process with remaining mixture.
6. To make salsa, combine remaining capsicum with avocado, tomato, basil and lime in a medium-sized bowl.

Wednesday



Thursday



✓ **Meal prep tip:** Sandwich should be made fresh in the morning and kept cold until it's eaten.

Hungry for hummus + snacks lunchbox

Lunchbox ingredients

1 hummus and salad sandwich*

1 mandarin

8 rice crackers

🍽️ 1 serving

🍏 0.5 serve of fruit

🥬 1 serve of veg

🕒 8m preparation

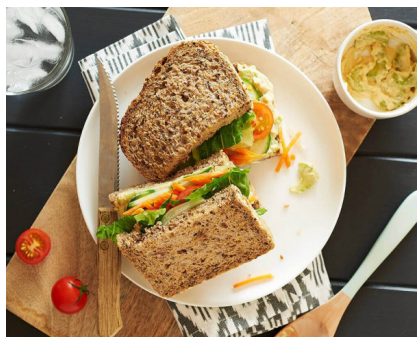
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Thursday

Hummus and salad sandwich



 1 serving

 2 serves of veg

 5m preparation

Ingredients

2 slices wholegrain bread

1 tablespoon hummus

1 small stick celery, finely diced

2 cherry tomatoes, sliced

½ small carrot, grated

½ Lebanese cucumber, thinly sliced

1 medium lettuce leaf, roughly torn

Method

1. In a small bowl, mix hummus and celery.
2. Spread over 1 slice of bread.
3. Add cucumber slices, grated carrot, tomatoes and lettuce.
4. Top with remaining slice of bread.



Friday



✓ **Meal prep tip:** Fritters can be kept in refrigerator for up to 7 days or frozen for up to 3 months.

Special vegemite sammies + snacks lunchbox

Lunchbox ingredients

1 vegemite sandwich*

3 very veggie fritters* (pre-prepared)

2 kiwifruit, skin removed and sliced

🍽️ 1 serving

🥬 3 serves of veg

🍏 1 serve of fruit

🕒 5m preparation

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Friday

Vegemite sammies



 1 serving

 5m preparation

Ingredients

2 slices of wholemeal bread

1 teaspoon of margarine

1 teaspoon of vegemite

40g sliced low-fat cheddar cheese
or cream cheese

Method


1. Place slices of bread on a flat surface.
2. Spread margarine across bread.
3. Spread vegemite across 1 slice. Add cheese or spread on cream cheese (optional).
4. Form sandwich by placing one slice of bread on top of the other slice.
5. Cut in half and place in container.


Very veggie fritters



 4 servings

 13 serves of fruit

 15m preparation

 15m cooking

Ingredients

2 large potatoes, peeled and grated

1 medium carrot, peeled and grated

2 medium zucchinis, grated

125g can sweetcorn, drained

1 small onion, chopped

½ cup self-raising flour

¼ cup chopped parsley

3 eggs, separated

1 tablespoon olive oil

Method

1. Place potato, carrot and zucchini in a colander, pressing to remove excess moisture.
2. Add to a medium sized bowl, with corn, flour, parsley and egg yolks, stirring to combine.
3. Place egg whites in a second bowl, beat until stiff peaks form, add to vegetable mixture.
4. Heat a large non-stick frypan, brushed with olive oil, over medium heat, add ⅓ cup of mixture and cook for 5 minutes, cooking a few at a time. Turn and cook for a further 5-8 minutes.
5. Repeat until all of the mixture is cooked.



Other ideas



✓ **Meal prep tip:** Cake can be stored in the refrigerator for up to 7 days or frozen for up to 3 months.

Summer chicken rice paper rolls + snacks lunchbox

Lunchbox ingredients

2 mango and BBQ chicken rice paper rolls*

35g capsicum slices

30g snow peas washed

115g beetroot hummus dip* (pre-prepared)

1 portion cut into bite sizes pieces of carrot, zucchini and date cake* (pre-prepared)

🍽️ 1 serving

🥬 2.5 serves of veg

🍏 1 serve of fruit

🕒 20m preparation

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Mango & BBQ chicken rice paper rolls



4 servings 5 serves of veg
2 serves of fruit 15m preparation

Ingredients

16 rice paper wrappers
2 cos lettuce leaves, shredded
50g snow pea sprouts
1 medium carrot, peeled, grated
1 Lebanese cucumber, cut into short, thin sticks
¼ red cabbage, finely shredded
1½ cups barbecued chicken, shredded
1 mango, peeled, cut into short strips
60g unsalted roasted cashews, chopped

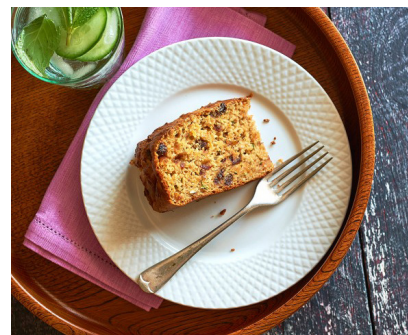
Dipping sauce

⅓ cup sweet chilli sauce
1 lime, juiced

Method

1. Make dipping sauce. Combine sweet chilli sauce and lime juice in a bowl. Set aside.
2. Arrange all the vegetables and meat in bowls or plates ready to select from.
3. Fill a shallow dish with warm-hot water. Dip 1 rice paper wrapper into water one at a time until softened. Place on a chopping board.
4. Place lettuce along 1 edge of rice paper. Top with sprouts, carrot, cucumber, cabbage, chicken, mango and cashews.
5. Fold in edges and roll up to enclose filling. Cover with a damp tea towel. Repeat with remaining ingredients.

Carrot, zucchini & date cake



12 servings 3 serves of veg
6 serves of fruit
20m preparation 60m cooking

Ingredients

2 cups dates, pitted and chopped
½ cup bran cereal (e.g. Allbran®)
½ cup untoasted muesli
1½ cups low-fat milk
½ cup brown sugar
1 teaspoon cinnamon
½ cup low-fat natural yoghurt
1 egg, beaten
1 cup (150g) zucchini, grated
1 cup (150g) carrot, grated
2 cups white self-raising flour
1 cup wholemeal self-raising flour

Method


1. Combine dates, bran cereal, muesli, milk, sugar and cinnamon and allow to stand in fridge for 4 hours or overnight.
2. Preheat oven to 180°C. Line a 23cm square cake tin.
3. Add yoghurt, egg, zucchini and carrot to the date mixture and mix well.
4. Add flour and combine.
5. Pour mixture into tin and bake for 1-1¼ hours until firm and browned.
6. Cool on a wire rack.

Other ideas




Beetroot hummus dip



 4 servings

 13 serves of veg

 15m preparation

Ingredients

400g can no-added-salt chickpeas,
rinsed and drained

1 medium beetroot, leaves and
roots removed

$\frac{1}{2}$ teaspoon cumin

1 lemon, juiced

1 tablespoon tahini

2 cloves garlic

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ tablespoon olive oil

2 tablespoons low-salt vegetable stock

$\frac{1}{2}$ teaspoon sweet paprika

3 medium carrots, peeled and
sliced into batons

3 medium celery stalks, sliced into batons

3 small wholemeal pita bread, torn
roughly into pieces

Method

1. In a microwave safe bowl with lid, steam beetroot on HIGH for 10-12 minutes. Carefully slip cooked beetroot out of it's skin.
2. Add beetroot and remaining ingredients to food processor and blend until smooth.
3. For a smoother and runnier consistency add 1 tablespoon of vegetable stock between blitzing.
4. Serve with pita bread and vegetable sticks.

Other ideas



Other ideas



✓ **Meal prep tip:** Muffins can be frozen in snap-lock bags for up to 3 months.

Tasty tuna sandwich + snacks lunchbox

Lunchbox ingredients

1 crunchy tuna sandwich*

1 cup (155g) watermelon, diced into 2cm pieces

1/4 corn on the cob (frozen, boiled, no added salt or fat)

1 sweet potato and cheese muffin* (pre-prepared)

🍽 1 serving

🥬 1 serve of veg

🍏 1 serve of fruit

🕒 20m preparation

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Crunchy tuna sandwich



 4 servings

 3 serves of veg

 10m preparation

Ingredients

425g can tuna in spring water, drained

2 sticks celery, diced

1 spring onion, trimmed, chopped (including green tops)

½ teaspoon lemon pepper (optional)

2 tablespoons low-fat mayonnaise

8 slices wholegrain bread

4 cos lettuce leaves

freshly ground or cracked black pepper, to taste

Method

1. Place tuna in a medium sized bowl and break up the large pieces with a fork.
2. Stir the celery, spring onion and lemon pepper (optional) through the tuna, then add the mayonnaise and mix well to combine.
3. Spread 4 slices of bread with ¼ of the tuna mixture each.
4. Season with pepper then top each with a lettuce leaf and the remaining slices of bread.
5. Cut the sandwiches in half.

Sweet potato and cheese muffins



 12 servings

 2.5 serves of veg

 10m preparation  25m cooking

Ingredients

olive or canola oil spray

1½ cups self-raising flour

½ cup wholemeal self-raising flour

½ cup grated sweet potato, skin peeled

2 tablespoons grated Parmesan cheese

½ red capsicum, finely diced

3 spring onions, ends trimmed, chopped (include green tops)

freshly ground or cracked black pepper, to taste

1 cup low-fat milk

2 eggs

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Lightly spray muffin tins with oil or line with paper cases.
3. Sift flours into a medium sized bowl, returning husk remaining in the sieve to the bowl.
4. Mix in sweet potato, cheese, capsicum, spring onion and pepper.
5. In a bowl, whisk milk and eggs together.
6. Add to dry ingredients and mix through until just combined. Too much mixing will make the muffins tough.
7. Spoon into prepared muffin pan.
8. Bake for 25 minutes until muffins are firm and a knife inserted into the centre comes out clean.
9. Allow to cool in the tin for a few minutes then turn onto a wire rack.

Other ideas



Other ideas



✓ **Meal prep tip:** Pizza can be kept in refrigerator for up to 3 days or frozen for up to 3 months.

Happy Hawaiian pizza + snacks lunchbox

Lunchbox ingredients

2 slices of tropical pizza* (pre-prepared)

1 apple, whole or cut up

1 pear and banana muffin* (pre-prepared)

🍽️ 1 serving

🥬 1 serve of veg

🍏 1.5 serves of fruit

🕒 5m preparation






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Tropical pizza



-  4 servings  4 serves of veg
 1 serve of fruit
 10m preparation  15m cooking

Ingredients

25cm pizza base or Turkish bread

¼ cup tomato pasta sauce

100g ham, chopped

225g can pineapple pieces
(in natural juice), drained

1 medium red or green capsicum,
seeded and chopped

100g mushrooms, sliced

100g grated Mozzarella cheese


1 tablespoon chopped herbs
(parsley, oregano and/or basil) or
a pinch of dried mixed herbs

Method

1. Preheat oven to 200°C.
2. Spread pizza base with pasta sauce.
3. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs.
4. Bake for 10-15 minutes until heated through and browned.

Pear and banana muffins



-  24 servings  4 serves of veg
 15m preparation  20m cooking

Ingredients

olive or canola oil spray

2 cups wholemeal self-raising flour

2 cups white self-raising flour

1 cup brown sugar

2 eggs

150mL low-fat natural yoghurt

½ cup orange juice

1 large banana, peeled and chopped

1 pear, cored and diced

½ cup buttermilk or low-fat milk

Method

1. Preheat oven to 170°C.
2. Lightly spray muffin trays with oil.
3. Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar.
4. In a separate bowl mix eggs, yoghurt and juice.
5. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix.
6. Spoon mixture into the muffin tray. Bake near the top of the oven for 18-20 minutes until muffins are firm and a knife inserted into the centre comes out clean.
7. Turn onto a wire rack to cool.

Other ideas

Month

PLANS FOR THE WEEK



Monday

Tuesday

Wednesday

Thursday

Goals for the week

Priority tasks

Friday

Saturday

Sunday

Notes

Reminder

