



HALF DAY Lunchbox Checklist – 1-5 year olds

Checklist for morning tea or afternoon tea and lunch

Use this checklist to provide a quick overview of lunchboxes to ensure that they include the minimum number of serves of foods needed to meet the nutritional requirements of children while in care for half a day. Children's appetites will vary, so more food may be provided.

		Tick if provided
<p>Breads and cereals: 2 serves per half day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1 slice of bread or ½ bread roll • ½ cup breakfast cereal • 1 weetbix • ½ cup cooked pasta • ½ cup cooked rice • 2 crackers or crispbread 		<input type="checkbox"/> <input type="checkbox"/>
<p>Vegetables: 1 serve per half day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • ½ cup cooked vegetables (on its own or in dishes) • 1 potato (eg: potato salad or in dishes) • 1 cup salad vegetables (eg: cherry tomatoes-halved, sliced tomato, snowpeas, cucumber sticks, grated carrot, capsicum strips, coleslaw- on its own or in sandwiches. <p>Note: Some hard vegetables may need to be cooked, mashed, grated or very finely sliced</p>		<input type="checkbox"/>
<p>Fruit: 1 serve per half day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1 piece of fruit (apple, orange, banana) • 2 small fruits (eg: apricots, plums) • 1 cup diced or tinned fruit • 1 ½ Tbsp dried fruit <p>Note: Some hard vegetables may need to be cooked, mashed, grated or very finely sliced</p>		<input type="checkbox"/>
<p>Milk and Milk Products: 2 serves per half day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 100ml milk/ custard/ calcium enriched soy milk • 1 slice processed cheese/ 15g block cheese/grated cheese • 100g yoghurt • 1 Tbsp milk powder 		<input type="checkbox"/> <input type="checkbox"/>
<p>Meat and Substitutes: 1 serve per half day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 45g cooked red meat, chicken or 55g cooked fish • ½ cup mince or meat casserole • 1 slice beef/ham • 1 egg • 1 ½ Tbsp peanut butter (unless a nut-free service) • ½ cup cooked legumes or baked beans, lentils or chickpeas 		<input type="checkbox"/>
<p>Extras: these foods should <u>not</u> be included in the lunchbox</p> <p>E.g. Donut, plain sweet biscuits, cake, chocolate, cream, soft drink, cordial, potato crisps, hot chips, lollies</p>		<input type="checkbox"/>
<p>Complete this box if a vegetarian meal is provided.</p> <p>Vitamin C-rich food with the vegetarian meal.</p> <p>E.g. capsicum, broccoli, kiwifruit, cauliflower, citrus fruit, rockmelon, green peas, berries, fresh tomato, zucchini</p>		<input type="checkbox"/>

Water: if your centre does not provide water, ensure to provide 2-3 cups per half day