

Healthy Eating & Oral Health Menu for **KIDS**



CRUNCH & SIP	MORNING TEA	LUNCH	AFTER SCHOOL	★ TIPS
Cherry tomatoes, cucumber.	Full fat plain yoghurt with fresh fruit.	Wholemeal pita pocket - leftover meat or chicken, with lettuce, tomato, avocado, carrot.	Muesli bar or toasted English muffin with nut butter and an apple.	Look for muesli bars with less than 6gm sugar per serving.
Veggie sticks with hummus or your child's favourite dip.	Wholemeal pikelets or crumpets with cream cheese and banana.	Small container of pasta or brown rice mixed with tuna/salmon, mayo & cherry tomatoes, frozen peas OR basil pesto & tomatoes.	Snacking plate: crunchy veggies, 2 different fruits, popcorn, nuts, cheese.	Kids enjoy picking & choosing foods, so offer variety!
Fresh fruit like an apple or orange.	Pizza scrolls using either a scone or bread dough fill with spaghetti, ham, cheese, pineapple, or cheese and vegemite.	Wrap with ham, cheese, lettuce, tomato, carrot.	Smoothie made with frozen banana, milk of choice, scoop of yoghurt, handful of frozen or fresh berries.	Offer the occasional scroll from your local baker or supermarket.
Small container with frozen peas, green beans, corn and carrots (they will thaw by crunch & sip).	Peeled boiled egg and small tub of yoghurt.	Corn fritters or salmon patties with cucumber, capsicum, snow peas on the side. Piece of fruit for something sweet!	Corn chips or rice crackers & mashed avocado, sour cream and diced tomato dip.	Make a batch of corn fritters and freeze – they'll last 3 months in freezer and they're a great, easy dinner, too.
Cut up apple & watermelon.	Homemade banana bread, fruit muffin or piece of fruit.	Thermos with pasta and bolognaise style sauce with vegetables like grated carrot, zucchini, baby spinach, sweet corn, diced eggplant.	Sushi of choice with protein filling and tub of full fat yoghurt.	Short shaped pasta is easier to eat than spaghetti. Make extra & freeze – use to top baked potatoes.

KEY = **Fruit** | **Protein** | **Dairy** | **Vegetables** | **Grain/Carbohydrates**