



Healthy Snack and Lunch Box Ideas

Ideas to help families

November 2025

We have put this guide together to help you with planning your child's snacks and meals. There are lots of different ideas that will help you providing a range of different options, including trying out new foods.

We have split the guide into snacks and lunchtime ideas, but many of the snack ideas are great for lunchtime too! We have included fruit, vegetable, bread, yoghurts and a treat list. A balanced lunch box contains elements from all of these.

Please be aware that we are a nut free school. We ask that products containing nuts, such as granola bars, peanut butter, sesame seed breadsticks are not included in lunchboxes.

Putting snacks and 'grazing' food into small pots makes snack and lunchtime can often tempt children. This is a great way of encouraging children to try new foods!

Snack Ideas



Fruit (Please make sure grapes are cut in half length ways and then into quarters to reduce the risk of choking)



Dried fruit (raisins, apricots)



Vegetables sticks and dips (such as hummus)



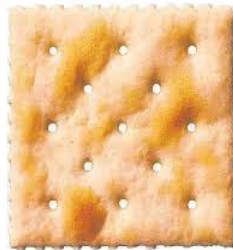
Yoghurt (fruit based, not chocolate desserts)



Smoothies



Fruit puree



Crackers (not salted)



Plain breadsticks



Rice cakes (not salted)



Pretzels (not salted)



Boiled egg



Cheese strings/Babybel cheese



Banana bread



Dried cereal

Lunch Ideas

In addition to any of the snack time ideas, you could include.....



Ham, cheese or chicken sandwich, wrap, bagel, roll or pitta bread



Pasta



Salad (Please make sure tomatoes are cut in half length ways and then into quarters to reduce the risk of choking)



Potato salad or coleslaw



Cheese and crackers



Egg muffin or tortilla



Fruit muffin

Treats



Small pot or bag of plain popcorn



Small bar of chocolate



Small chocolate biscuit