



Dried fruit



Pocket bread with salad



Avocado and crispbread



Cheese and olives

The Ultimate Snacks



Raisin , crumpets, muffins, wholegrain, rye breads



Banana pikelets



Vegie Sticks: carrot, celery, capsicum, cucumber



Fruit Smoothie



Vegetarian Pizza on muffin or pita bread



Fresh fruit



Muffins: ham, chicken, cheese, tomato, zucchini



Salad: cherry tomatoes, boiled egg, lettuce, ham



Salad or Vegie Skewers



Yoghurt and Fruit



Corn on the cob: pre-cooked and wrapped



Sandwich: grated carrot and cream cheese or hommus

and Lunchbox Guide

under **ten** dollars



Home made popcorn



Pasta: cooked sweet potato or pumpkin, chicken, tofu.



Pita Chips: baked pita bread with cheese & herbs



Fruit Skewers