

MONTESSORI NEWS



Things to reduce

- Packet foods such as chips & lollies/sweet biscuits.
- Fizzy drinks or any other sugar sweetened drinks including milkshakes
- Chocolate coated biscuits, wafers & cakes

Healthy Lunches

Type of food or drink	Examples
Fruit	Fresh fruit served whole (banana, apple, mandarin) or cut up (orange quarters, melon chunks), a tub of fruit salad in natural juice, container of fresh berries.
Vegetables	Fresh vegetables (carrot/cucumber/capsicum sticks), cherry tomatoes) with optional veggie-based dips (hummus, beetroot, tomato salsa), salads, baked vegetables, vegetable slice, vegetable muffins or scones.
Dairy and alternatives	Small tub of yoghurt, cheese cubes, cottage or ricotta cheese, plain milk (all reduced-fat options).
Lean meat, fish, eggs and alternatives	Tinned fish, lean roasted or grilled meat, boiled eggs, falafel balls, baked beans, hummus dip, frittata.
Grains	Wholegrain wraps, rolls, and bread, pikelets, grainy crackers, and dishes that include pasta, rice, noodles, cous cous, or quinoa.
Plain water	Frozen water bottles in summer, and add sliced orange or strawberry for a hint of flavour.