

# What is preschool food

## Preschool Lunchbox

Sandwiches/Wraps

Vegetables/ salad

Left over meals (not to be heated)

Plain Crackers

Plain Rice Cakes

Plain corn Thins

\*Tinned fish

Cheese

Fruit yogurt

Plain Milk

Fresh fruit

Fresh Fruit Sticks

Tinned fruit (no added sugar)

Dried fruit

Fruit/Savoury muffins

## Home food

("sometimes foods")

Dried fruit bars

Muesli Bars

Chips

Oven baked biscuits

Two-minute noodles

Chocolates and lollies

Cordial and soft drinks

Dip Biscuits

Flavoured dairy desserts

Sweet Biscuits

Fruit Juices

Chocolate/sweetened muffin

## Packaged Foods

No Packaged foods removed from  
packaging

- **\*Tuna, spaghetti etc. needs to be de-canned from a tin for a safety measure.**
- Please see group Teacher re food queries and your child's dietary needs. Use the communication method of the preschool or phone before 8.30 or after 3.30 for a short chat or to organize a time if urgent.