



# PURPOSEFUL PARENTING

## KIDS LUNCH BOX MENU ONE

The following are mid-morning snack suggestions for **CHILDREN AGED 2-9 YEARS OLD**.

Serving size adjustments may need to be made depending on the age and appetite.

Alternate between Menu 1 and 2 in a month as follows:

WEEK 1: Menu 1; WEEK 2: Menu 2; WEEK 3: Menu 1; WEEK 4: Menu 2

DAY	SUGGESTED SNACKS
MONDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• Homemade popcorn with a handful or two of dry Cheerios</li><li>• 1 Apple</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>
TUESDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 2 Cupcakes (different flavours if possible)</li><li>• Crackers (a separate smaller container if the lunch box has no dividers)</li><li>• 1 banana (signed in marker: I love you)</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>
WEDNESDAY	<ul style="list-style-type: none"><li>• Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 2 Packs of Mini biscuit (different types if possible)</li><li>• Crackers</li><li>• Grapes (a separate smaller container if the lunch box has no dividers)</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>
THURSDAY	<ul style="list-style-type: none"><li>• Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• Waffles (3 regular sized squares)</li><li>• 1 Orange (peeled, segmented and in a separate smaller container)</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>
FRIDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• Homemade popcorn with a handful or two of dry Cheerios</li><li>• 1 Apple</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>



# PURPOSEFUL PARENTING

## KIDS LUNCH BOX MENU TWO

The following are mid-morning snack suggestions for **CHILDREN AGED 2-9 YEARS OLD**.

Serving size adjustments may need to be made depending on the age and appetite.

Alternate between Menu 1 and 2 in a month as follows:

WEEK 1: Menu 1; WEEK 2: Menu 2; WEEK 3: Menu 1; WEEK 4: Menu 2

DAY	SUGGESTED SNACKS
MONDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 2 Packs of Doritos/Crisps (different flavours if possible)</li><li>• 1 Apple</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>
TUESDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 3 regular Scones/ 4-5 mini scones (different flavours if possible)</li><li>• 1 Pack of Peanuts</li><li>• 1 banana (signed in marker: I love you)</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>
WEDNESDAY	<ul style="list-style-type: none"><li>• Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• Toast with chocolate spread (not too toasted/too hard)</li><li>• Crackers</li><li>• Grapes (a separate smaller container if the lunch box has no dividers)</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>
THURSDAY	<ul style="list-style-type: none"><li>• Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• Pancakes (3 regular-sized/ 5-6 mini-sized)</li><li>• 1 Orange (peeled, segmented and in a separate smaller container)</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>
FRIDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 2 Packs of Doritos/Crisps or (different flavours if possible)</li><li>• 1 Apple</li><li>• 1 Juice box or bottle of homemade juice</li><li>• 1 Bottled water or a second juice bottle with water</li></ul>



# PURPOSEFUL PARENTING

## TWEEN & TEEN MENU ONE

The following are mid-morning snack suggestions for **CHILDREN AGED 10-16 YEARS OLD**.

Serving size adjustments may need to be made depending on the age and appetite.

Alternate between Menu 1 and 2 in a month as follows:

WEEK 1: Menu 1; WEEK 2: Menu 2; WEEK 3: Menu 1; WEEK 4: Menu 2

DAY	SUGGESTED SNACKS
MONDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 1 Chicken mayo sandwich</li><li>• 1 Pack of crisps</li><li>• 1 Apple</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>
TUESDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 4 regular Scones</li><li>• 1 Pack of peanuts</li><li>• 1 banana (signed in marker: I love you)</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>
WEDNESDAY	<ul style="list-style-type: none"><li>• Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• Grilled cheese sandwich</li><li>• 3-4 samosas</li><li>• Grapes (a separate smaller container if the lunch box has no dividers)</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>
THURSDAY	<ul style="list-style-type: none"><li>• Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 6 Mini Pizzas</li><li>• 1 Pack of mini biscuits</li><li>• 1 Orange (peeled, segmented and in a separate smaller container)</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>
FRIDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 1 Ham/Polony Sandwich</li><li>• 1 Pack of Doritos</li><li>• An Apple</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>



# PURPOSEFUL PARENTING

## TWEEN & TEEN MENU TWO

The following are mid-morning snack suggestions for **CHILDREN AGED 10-16 YEARS OLD**.

Serving size adjustments may need to be made depending on the age and appetite.

Alternate between Menu 1 and 2 in a month as follows:

WEEK 1: Menu 1; WEEK 2: Menu 2; WEEK 3: Menu 1; WEEK 4: Menu 2

DAY	SUGGESTED SNACKS
MONDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 1 Egg salad sandwich</li><li>• 4 spring rolls/ half moons</li><li>• 1 Apple</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>
TUESDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 4 regular muffins</li><li>• 1 Pack of peanuts</li><li>• 1 banana (signed in marker: I love you)</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>
WEDNESDAY	<ul style="list-style-type: none"><li>• Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 3 Mini pies</li><li>• 1 Pack of crisps</li><li>• Grapes (a separate smaller container if the lunch box has no dividers)</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>
THURSDAY	<ul style="list-style-type: none"><li>• Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 2-3 Waffles (full squares)</li><li>• 1 Pack of Doritos</li><li>• 1 Orange (peeled, segmented and in a separate smaller container)</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>
FRIDAY	<ul style="list-style-type: none"><li>• 1 Yoghurt (100-175ml)</li><li>• Plastic spoon</li><li>• 6 Mini sausage rolls</li><li>• 1 Pack of mini biscuits</li><li>• An Apple</li><li>• Bottle juice and/or water (water in a 1L bottle is suggested)</li></ul>



# PURPOSEFUL PARENTING

## LUNCH BOX TIPS

Here are a few handy tips to help your lunch box making task easier and less stressful. Somebody say, "Glory to God in the highest!"

### TRY:

- Purchasing a pack of 500 plastic spoons from town. This will help you avoid losing your silverware by your kids while they are at school. The same applies to lunches that require forks or larger spoons.
- Getting your older children to help you with this so that it can be added to their chores.
- Make muffins, waffles and pancakes ahead of time and freeze them in Ziplock bags. Take these out a night before they are needed and by morning they will be thawed and good to go.
- Find a trusted source for your samosas, pizzas, sausage rolls and pies. Buy enough for the month and store them in the freezer. You could request that these be pre-fried or pre-baked if you don't have time to do this in the mornings. Again, freeze them and take them out the night before. By morning they will be thawed and ready to pack.

### **Suggested (trusted) savoury snack makers:**

- ✓ Siddika (Sid's Sweet and Savoury) – 0962 993 707
  - ✓ Naima (Tasty Snack Suppliers) – 0966 431 797 or 0977 922 700
  - ✓ Shakeela (Kila Bakes) – 0979 867 502
  - ✓ Tehilla (Tey's Treats) – 0961 873 667
- Have your children make their juice or fill their bottles with water the night before and keep these in the fridge, ready to pack in the morning.
  - Stick your menu on your fridge or in your pantry, somewhere everyone can see it and assist on days you are out or unwell.

### AVOID:

- Overthinking it. If you have picky eaters, pack what they like. Yes, this might mean less variety but if they want something new they will have to expand their little palettes. Give them what you know they will eat.
- Trying new snacks off the cuff. Try new snacks at home over the weekend to avoid your child not eating a new snack while at school. Once it's a thumbs up after two weekends of trying, you can add it to your menu.
- Letting your tweens get out of inheriting lunch box duty! Train them during weekends and slowly let go of this role, trusting they can follow the laid-out menu as guided. If it's haphazard, others can't help you, but if you structure it, anyone, including your house help can take it up.
- Making different things for different people. Plan your menu out so that everyone who is getting a packed lunch that day gets the same fruit. Do this with any other repeated items (where possible). This helps reduce your morning load of
- Ignoring leftovers. Check lunch boxes when they return. Consistently returned items mean it is time to try something else. Maybe the favour isn't a hit. Ask your 'customers' discreetly. You don't want them thinking they can place orders regarding their snack packs.