

Oreo Lunchbox: Six Sealed Packs Explained

From the teas.co.uk wiki

Oreo Lunchbox: Six Sealed Packs Explained, in summary: The same cocoa-and-vanilla-creme Oreo, packed as six sealed 22g portions. Each stays crisp until opened, travels without crumbling and fixes the portion in advance; cold milk is the classic partner.

Last reviewed by the teas.co.uk team in September 2026.

The Lunchbox pack changes the container, not the biscuit. Six sealed 22g portions, 132g in all, turn an open sleeve that goes soft and breaks into something that can survive a week of school bags.

A packaging decision, not a new recipe

Inside each small pack is the familiar Oreo: two dark cocoa discs sandwiching a vanilla-flavour creme. Nothing about the flavour has been adjusted for the format. What you are choosing is the wrapping, and here the wrapping earns its keep, because a sandwich biscuit in a torn sleeve softens once air reaches it and snaps into pieces the moment a bag is dropped.

Six sealed portions solve both problems at once. Each stays sealed until the moment it is opened, so the last pack of the week is as crisp as the first, and the portion is fixed at 22g without anybody having to count or ration. In a house where a big sleeve vanishes faster than intended, that fixed size is the most persuasive thing about it.

Surviving the school bag

Structurally the Oreo travels well. The outside is dry, the pack is small and sealed, and there is no coating to smear in a warm bag. What it does not like is heat: the filling gives way long before the biscuit does, and in a warm pack the two halves drift apart. Keep the multipack somewhere cool and dry, and leave each portion sealed until it is needed.

We hold no published label for this barcode, so we will not say here what it does or does not contain. If a school has an allergen policy, read the ingredient list and allergen advice on the pack itself before one goes in a lunchbox. The same applies to the number of [biscuits](#) in each portion, which is printed on the pack rather than recorded by us.

Milk, tea or coffee at home

Cold milk is the partner this biscuit grew up with, and it is the one [dunk](#) that really works. The discs soften quickly while the fatty creme resists the liquid, so a quick dip leaves a soft outside and a firm middle. In a hot mug the same trick is less pleasant, since you end up with a limp biscuit wrapped round a filling that has not budged.

When the grown-ups want a hot drink alongside, choose something unsweetened with some grip: black coffee, or a strong everyday tea with milk and no sugar. [Hot chocolate](#) and sweetened lattes are best avoided, because they add sugar to a biscuit that already has plenty and leave nothing to balance the creme.

The packs we stock

- [Oreo Lunchbox Vanilla Chocolate Sandwich Biscuits Snack, 6 x 22g](#) (barcode 7622210928863)

What to drink with it

- [Yorkshire Tea Original Everyday Blend, 80 Tea Bags 250g](#): a strong everyday tea to take with milk and no sugar, so the tannin cuts through the creme.
- [Twinings English Breakfast Decaffeinated, 80 Tea Bags 218g](#): the same kind of strong breakfast cup for the after-school hours, decaffeinated.
- [Nescafe Gold Blend Intense Instant Coffee, 190g](#): a quick black instant coffee with enough roast to meet the cocoa disc.

Elsewhere in the Oreo range

- [Oreo BTS Brown Sugar Pancake Cocoa Sandwich Biscuit Pack, 157g](#)
- [Oreo Chocolate Brownie Sandwich Biscuits, 154g](#)
- [Oreo Cookie Dough Flavour Cocoa Sandwich Biscuit Pack, 157g](#)
- [Oreo Crunchy Bites Original Vanilla Biscuits, 110g](#)
- [Oreo Double Creme Cocoa Sandwich Cookies with Vanilla Flavour Biscuits Pack, 157g](#)
- [Oreo Gingerbread Flavour Sandwich Biscuit, Limited Edition, 154g](#)

The full range is on the [Oreo brand page](#).

FAQ

How much is in an Oreo Lunchbox pack? Six sealed portions of 22g each, which comes to 132g. The biscuit count for each portion is printed on the pack.

Do the small packs keep better than a normal sleeve? Yes. Each portion stays sealed until you open it, so the snap lasts in a way an opened sleeve cannot promise.

Can you dunk Oreos in milk? In cold milk, yes, and quickly. The discs soften while the creme holds firm, which is the contrast people are after.

Is the Lunchbox Oreo a different recipe from the standard pack? No. It is the same cocoa discs and vanilla-flavour creme; the difference is the packaging.

What should I check before packing them for school? The allergen advice and ingredient list on the current pack, against your school's own policy. We do not hold a published label for this barcode, so the pack is the source to trust.

Curator's note: Keep one of the little packs back for yourself and have it with a glass of cold milk after the school run. It is a milk biscuit at heart, and it is better for being treated as one. Lee, teas.co.uk, Tunbridge Wells.

In short: Oreo Lunchbox: Six Sealed Packs Explained

Field	Detail
Brand	Oreo
Packs we stock	6 x 22g
Category	Chocolate Biscuits
Format	Six sealed portions
Dunk in	Cold milk, briefly
Store	Cool and dry, portions left sealed

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