

What should a packed lunch not include?

To keep children's lunches as healthy as possible, we would like the following items not to be included in packed lunches:

- Crisps or flavoured crisp type products e.g. snack-a-jacks
- Sweets
- Chocolate or chocolate items such as biscuits, cakes or desserts
- Fizzy and/or sugary drinks

What drinks should be included?



How will packed lunches be monitored?

To ensure that children eat a healthy balanced meal, Lunchtime Supervisors will monitor packed lunches on certain days. If a packed lunch has an item that we discourage, a reminder slip will be sent home.

Children with healthy packed lunches and those who make healthy school meal choices may appear on our 'Lunchtime Stars' board. Remember, if your child is in Reception, or Years 1 & 2 they are entitled to a free lunch, and our menu contains a 'healthy packed lunch' option.

For more information about packed lunches, please speak to

PACKED LUNCH GUIDE

FOR PRIMARY SCHOOLS



Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting balanced and healthy food in school.

We have used these standards to create our packed lunch guide and help families with ideas. A healthy packed lunch can help children to:

- Have enough energy to concentrate and learn in the afternoon
- Keep calm and be prepared to do their best
- Get important nutrients to keep their bodies healthy

What should a packed lunch include?

Include a savoury main (with some salad)

Use the following ideas to help plan a healthy lunch for your child.

- Cheese & tomato sandwich
- Tuna & salad wrap
- Cream cheese and lettuce bagel
- Hummus and cucumber roll
- Chicken salad pitta bread
- Cheese and sweetcorn pasta
- Chicken and pepper noodles
- Sardine and lettuce thin
- Tuna and sweetcorn pasta
- Egg, pepper and lettuce sandwich



BAGEL



EGG SANDWICH



SALAD WRAP



NOODLES



SANDWICH



PASTA

Include some dairy



RICE PUDDING



CUSTARD



CHEESE PORTION



YOGHURT TUBE



FRUIT YOGHURT

Include some fruit or vegetables



GRAPES



CHERRY TOMATOES



BANANA



SATSUMA



CARROT

- Satsuma
- Grapes
- Banana
- Cucumber
- Carrot batons
- Raisins
- Tinned fruit salad
- Cherry tomatoes
- Dried apricots
- Plum

Snacks



FRUIT SCONE



PLAIN RICE CAKE



PLAIN BREADSTICK



PLAIN BISCUIT



CRACKERS

WE ASK FAMILIES TO INCLUDE AN ICE-PACK IN EACH PACKED LUNCH TO KEEP THE FOOD COOL OR WE PROVIDE A FRIDGE TO KEEP PACKED LUNCHES IN DURING THE DAY.