



Packed Lunch Ideas

We have a Healthy Eating Policy at our school. Children need healthy food to help them grow and stay healthy. By giving your child healthy food now, they will learn to make healthy food choices in the future.

Here are some ideas to include in your child's packed lunch box:

- Whole-grain crackers with low fat cheese
- Hummus dip with pitta bread and vegetable sticks
- Egg mayonnaise and lettuce in a wholemeal bap
- Tuna mayonnaise and sweetcorn in a granary sandwich
- Soft cheese and salad bagel
- Slice of malt loaf
- Fruit
- Yoghurt with cut up fruit for dipping
- Low sugar jelly
- Water
- No sugar squash



We are a nut free school – no nut based products of any kind are allowed in school at any time including on the playground.



NO FIZZY DRINKS OR HOT DRINKS

NO CHOCOLATE

NO SWEETS



Remember to name your child's lunch box and spoon.

Thank you.