





















WHAT GOES IN MY HEALTHY LUNCH BOX



No nuts, please, we are a nut free school to keep our children with allergies safe

| | | | | |
|--|---|---|---|---|
| Sandwich wrap or alternative Pasta/noodles/ Couscous/rice |  |  |  |  |
| Fibre/grains (whole grains) |  |  |  | |
| Dairy |  |  |  | |
| Vegetables (2 pieces) |  |  |  | |
| Fruit (2 pieces) |  |  |  | |
| Protein |  |  |  | |
| Water |  | | | |

The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all the nutrients they need to grow and stay healthy. Children that eat a healthy lunch have the energy they need to concentrate and learn during the afternoons.