

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.