Packed Lunches

As a school we want all children to have a healthy lunch whether it is a school dinner or packed lunch and I am sure you do too. As a guide, a balanced packed lunch contains the following:

- A starchy food such as a wholegrain roll, sandwich, bagel, wrap, or pitta pocket that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat) or pasta, rice, potatoes or noodles.
- A good source of protein, iron and zinc such as meat, fish, beans or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes, carrot, cucumber, pepper or celery sticks, small tub of fruit salad or small box of raisins. These can also be incorporated into other dishes like pasta salads, wraps, pittas, sandwiches, sandwich fillers such as onion and sweetcorn with your tuna or cucumber with salmon, frittatas and omelettes.
- A biscuit as a treat.
- Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.
- Eating utensils if necessary.
- Remember to take a drink too! Grab a bottle of water or a carton of fruit juice.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.

Children are asked not to bring chocolate bars, sweets, sugary cakes or fizzy drinks in their packed lunches.

It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see.

Treats that are sent into school to celebrate birthdays are allowed. Where possible these will be distributed at home time so parents are able to monitor this

Above are a few ideas