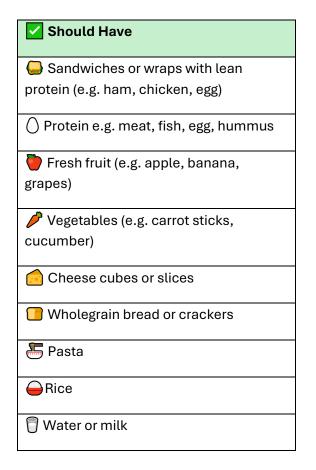


Packed Lunch Box Guide

If your child brings in a packed lunch box to school please use this guide to ensure that it is filled with foods that are consistent with the nutritional standards provided by school meals.



⚠ Occasionally (maximum twice per week)
Ø Sausage rolls
Sausages
Pies
Small sweet treat (e.g. plain biscuit or small
cake bar)
Flavoured milk or sugar free juice
Baked snacks/crisps
Muesli or cereal bars

X Not to Have	
Nuts or nut based products	
Sugary drinks (e.g. fizzy drinks, energy drinks)	
Fried snacks (e.g. crisps)	
arge cakes or pastries	
Chocolate bar	
Chocolate spread	