



























## 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.

 <b>Should Have</b>
 Sandwiches or wraps with lean protein (e.g. ham, chicken, egg)
 Protein e.g. meat, fish, egg, hummus
 Fresh fruit (e.g. apple, banana, grapes)
 Vegetables (e.g. carrot sticks, cucumber)
 Cheese cubes or slices
 Wholegrain bread or crackers
 Pasta
 Rice
 Water or milk

 <b>Occasionally (maximum twice per week)</b>
 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

 <b>Not to Have</b>
 Nuts or nut based products
 Sweets
 Sugary drinks (e.g. fizzy drinks, energy drinks)
 Fried snacks (e.g. crisps)
 Large cakes or pastries
 Chocolate bar
 Chocolate spread