Dear Parents,

**HEALTHY PACKED LUNCHES**

All schools are required to follow the national school food standards. In line with this we ask that packed lunches also follow these same standards, ensuring all our children receive a healthy and nutritious meal when in school. In line with our school diiner menu, children on packed lunches are able to bring 1 item on a Monday and Friday from the ‘Treat’ list below.

Children’s packed lunches should only include items from the 5 main food groups;

1) **Bread, Rice, Potatoes, Pasta.** These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions eg pasta salad, sandwich.

2) **Fruit and Vegetables.** These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

3) **Milk and Dairy foods.** These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.

4) **Meat, Fish, Eggs, Beans**. These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.

5) **Drinks** – any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice.

Below is a list of what we would recommend to be included in packed lunches every day. Cold pizza and burgers would not be classed as a healthy option so we have added these to the list that children can bring on a Monday and Friday only.

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| **Healthy Everyday Items** | **‘Treat List’ – 1 item on a Monday and Friday only** |
| SANDWICH OR WRAP | CRISPS OR CORN SNACKS |
| SNACK A JACKS/RICE CAKES | CHOCOLATE AND SWEETS EG. SKITTLES, SMARTIES, SNICKERS, MARS, M & M’S |
| YOGHURT | ICED CAKES/MUFFINS |
| CEREAL BARS/PLAIN BISCUITS – NO CHOCOLATE, CREAM FILLING OR CHOCOLATE | CHOCOLATE SPREAD |
| FRUIT & VEGETABLES | FRUIT SHOOT DRINK |
| RAISINS/SULTANAS |
| BREAD STICKS/CRACKERS | COLD BURGER AND PIZZA |
| CHEESE STRINGS/BABYBEL |  |
| DAIRYLEA DUNKERS (Not Nachos dunkers) |  |
| ROTI/RICE/PASTA |  |