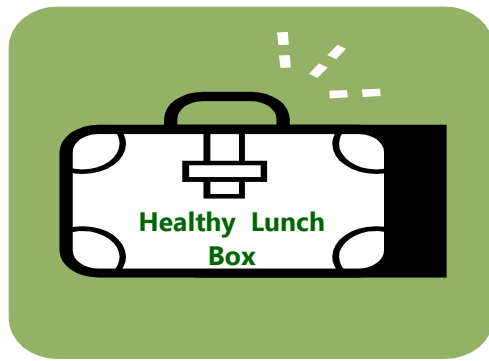









Healthy Lunch Box



USE THIS SHEET AS A GUIDE ...SELECT ONE ITEM FROM EACH COLUMN TO MAKE UP A FUN, HEALTHY PACKED LUNCH

Sandwiches	Fruit & Veg	Dairy Products	Healthy Treats	Drinks
<p>Wholemeal bread is the most healthy. If your child will not eat it, try 'Mighty White' or '50/50', or one slice of each!</p> <p>Mini pitta pockets, bagels, ciabatta or tortilla wraps are also a good alternative.</p> <p>VARY THE FILLINGS EACH DAY:</p> <p>Cold sausages Ham & cucumber Egg mayonnaise Sardines Cream cheese with cucumber or ham Tuna mayonnaise & cucumber Peanut butter Lettuce & grated cheese Marmite & lettuce Marmite & grated cheese Roast chicken or turkey with salad Cheese & tomato Tinned salmon</p> 	<p>Help your child by preparing fruit & put it in a small bag or pot. Mix fruits together to make a fruit salad.</p> <p>Dried fruit such as raisins, apricots, prunes etc. Cherry tomatoes Apple Grapes Carrot sticks Olives Strawberries Banana Kiwi Orange, Satsuma, Mandarins Raspberries Pear Pineapple chunks Melon pieces</p>   <p>NB : Fruit Winders or similar are <u>NOT ACCEPTABLE</u> for school packed lunches</p>	<p>These products are affected by heat. Always include cold packs. Yoghurts can be placed in lunch box frozen and act as a cold pack!</p> <p><i>*Please make sure you also pack a spoon for your child to eat their yoghurt with.</i></p> <p>Mini cheeses e.g. Babybel, cheese triangles Milkshakes Fromage Frais Cream cheese with breadsticks Yoghurts (don't forget the spoon!) Yoghurt drinks Mousse (Chocolate flavour is acceptable)</p>  	<p>The following treats are acceptable as part of a packed lunch:</p> <p>Flapjacks Popcorn Museli bars Tracker bars Chocolate coated biscuits e.g. Kit-Kat, Penguin, Blue Band, Wafer Biscuits, Club</p> <p>The following are <u>NOT ACCEPTABLE</u> for school packed lunches:</p> <p>Chocolate Sweets Milky Stars/Buttons Mars Milky Way Kinder Eggs /Hippos Winders of any variety</p> 	<p>Please remember you must put a drink in your child's lunch box. (The water bottle you provide for use in the class, will stay in the class room.)</p> <p>Please provide one of the following:</p> <p>Water Pure Fruit Juice</p>  <p>Fizzy Drinks are <u>NOT ACCEPTABLE</u> for school packed lunches:</p> 