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### Healthy Lunchboxes

Below is a reminder of suggested acceptable foods to include in your child's packed lunch. It has been noted that children are frequently bringing unhealthy foods that are constituting a large proportion of their daily lunch. We will be monitoring lunchboxes over the coming weeks to ensure that allowed foods only are included in your child's packed lunch.



**Main portion** - sandwich, wrap, bagel, pasta, salad bowl with added protein such as cheese/ meat. Houmous pot with veg sticks. Include carbohydrate and proteins in this serving.

**Fruit** - any fruit such as apples, bananas, pears, pineapple chunks, grapes (halved), blueberries, raspberries etc. Add variety

**Vegetables** - carrot, cucumber, pepper sticks, cherry tomatoes (halved) etc.

**Yoghurt / dairy** - yoghurt, cheese cubes

**Sweet small portion** - biscuit, cake. This should only be ONE portion if desired.

**Dried Fruits** - for example, raisins, dried blueberries, mango, banana.



**Nuts** - NO nuts, nut bars, foods containing nuts including chocolate spreads, chocolate filled croissants.

**We have children in school with severe nut allergies and are a Nut free School**

**Chocolate bars**- NO chocolate bars.

Small biscuits with chocolate acceptable.

**Sweets** - NO sweets

**Carbonated drinks** - no fizzy or sugary drinks, cans or glass bottles

**Crisps** - may be given on occasion but please don't include this daily, consider baked or wholegrain versions.



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