

School Packed Lunch Guide

We've designed the information in this guide to ensure you have the simplest advice to create healthy, nutritious and tasty packed lunches!

Lunch boxes should be varied and consider the Eatwell Guide <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

They must not contain any chocolate, sweets or other confectionery, including cereal bars and processed fruit bars.

TIP! Children are more likely to enjoy it if they helped make it.



What to include



Carbohydrates

Bread - wholemeal, white, brown
Rolls or bagels
Pizza, pitta bread or wraps
Potatoes, rice, pasta or noodles



Fruit & Vegetables

Salad - coleslaw, vegetable sticks, cherry tomatoes, radishes
Vegetables in pasta or rice
Fresh fruit - apples, satsumas, bananas
Fruit in jelly or juice
Dried fruit - apricots, dates, apple slices, raisins



Proteins

Meat - beef, lamb, ham, pork, bacon, chicken, turkey,
Fish - tinned tuna, salmon, mackerel, sardines, pilchards
Cheese or cheese portion
Eggs, pulses, kidney beans/chickpeas in a salad



Milk & Dairy

Yoghurts or Fromage Frais
Milk puddings e.g. Muller rice or Ambrosia custard
Grated cheese, cheese portion or Dairylea and cheese biscuits

Drinks - include water but avoid sugary and fizzy drinks