

02 September 2022

Dear Parents/Carers,

Our Lunchtime Supervisors have noticed that some of our children having a packed lunch do not seem to bring a healthy lunch every day.

A healthy lunch should have foods that contain carbohydrates, fibre, protein and fruit or vegetables, which will help the children to concentrate on their learning in the afternoons. We will be carrying out checks next week on every child's lunchbox to make sure they are healthy and nutritious.

We have made a list of foods and snacks that would make a nutritious lunchbox for your child if they have a packed lunch.

There are three categories below. Please choose one from each category when preparing their lunchbox. You know your child best. These are examples and you may wish to provide a similar source of protein or carbohydrate. If in doubt please ask.

| <b>OPTION 1<br/>Carbohydrates/Fibre/Protein</b> | <b>OPTION 2<br/>Fruit/Vegetables</b> | <b>OPTION 3<br/>Snack/Dessert</b> |
|---|--------------------------------------|-----------------------------------|
| Egg   | Apple                                | Yogurt                            |
| Tuna  | Banana                               | Breakfast Bar                     |
| Chicken   | Grapes                               | Cheese & Biscuits (Ritz)          |
| Salad   | Orange                               | Raisins                           |
| Pasta   | Carrot /Cucumber Sticks              | Custard Pot                       |
| Rice  | Fruit Salad                          | Jelly                             |
| Pitta Pockets with Filling                      | Vegetable Salad                      | Muffin                            |

**We do not allow chocolates or sweets. We are a nut free school so please do not put packets of nuts, raw nuts, nut fillings (Nutella, or peanut butter spread), biscuits or bars containing nuts in your child's lunch box.**

Water is provided at lunchtime, so please do not include any drinks in their lunchbox, unless there is a medical need to do so.

If your child is in Years 3 to 6, they are allowed to bring in a piece of fruit or vegetables to be eaten at morning break time. Snack is provided for children lower down school.

Should you have any questions regarding this, please contact school.

As always, your support to help our children to learn and stay healthy is appreciated.

**Yours sincerely,**



**Mrs H Haunch  
Principal**

