

Healthy Eating Choices

The below information is aimed at supporting parents and carers provide a healthy and nutritious snack and packed lunch for children when at school.

MORNING SNACK (KS2 only – EYFS and KS1 have fruit provided)
Whole/chopped up fruit – eg: apple, banana, peach, pear, plum, grapes, satsuma. No dried fruit
Vegetables – any prepared raw vegetables (e.g. cucumber, pepper, celery, cherry)

PACKED LUNCHES					
Carbohydrates- Great for energy. <i>Recommended 1/3 of lunchbox.</i>	Protein foods- Supports growth.	A dairy item- Good for growing bones.	Vegetables, salad or fruit- Five-a-day options.	Drinks- Hydration is important.	FRIDAY TREAT (as on occasion School Lunches get a low sugar cake/treat desert)
<p>Sandwich or wrap</p> <p>wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap.</p> <p>See protein for filling ideas.</p> <p>Other ideas - pasta salad, rice salad, cous cous, potato salad, tabbouleh, crackers, crisp bread, oatcakes, rice cakes, corn cakes, bread sticks, homemade popcorn, savoury muffin or scone, potato cake quiche, mini quiche or frittata</p>	<p>Fillings</p> <p>Meat - wafer thin cooked meats, cold meats (e.g. chicken, turkey, meatloaf, sausages).</p> <p>Fish – e.g. tuna mayo</p> <p>Vegetarian - egg salad, egg mayo, grated cheese, cheese and pickle, cheese spread, cream cheese, meat substitute slices, cottage cheese, veggie sausages, vegetarian pate,</p> <p>Finger food – e.g. hardboiled egg, mini sausages, falafel, cubes of cheese.</p>	<p>Fruit yoghurt</p> <p>e.g. fromage frais or dairy-free alternative.</p> <p>Greek or plain yoghurt.</p> <p>Cheese portion or cottage cheese.</p> <p>Dips – e.g. houmous, tzatziki, raita, cream cheese and plain yoghurt</p>	<p>Whole fruit – any including: apple, banana, peach, pear, plum, grapes, satsuma, (fruit in season) raisins, pumpkin or sunflower seeds, dried apricots, dates or prunes. Dried fruit is allowed at mealtimes.</p> <p>Fruit salad pot - any combination of prepared fruit e.g. strawberries, orange, melon, mango, kiwi etc., fruit jelly made with fruit pieces and pure fruit juice.</p> <p>Portion of tinned fruit (in natural juice) e.g. mandarins, pineapple, peaches, fruit salad, pears.</p> <p>Salad pot – any prepared raw vegetables (e.g. cucumber, pepper, celery, cherry tomatoes, carrot, mange tout, slices of avocado), coleslaw</p>	<p>Water</p> <p>Fruit squash - well diluted.</p> <p>Fresh fruit juice.</p>	<p>Crisps, corn chips or other savoury snack.</p> <p>Chocolate item - e.g. chocolate biscuit, chocolate pancakes.</p> <p>Cakes – e.g. muffin cupcake, small piece of cake, scone, jam tart, shortbread, flapjack.</p> <p>Biscuits – e.g. cookie, gingerbread man, cereal bar.</p>

NEVER ALLOWED

Nuts and nut products

Sweets - including processed fruit products e.g. wound up lengths of fruit jelly.

Confectionary - chocolate bar.

Doughnuts

Fizzy drinks