

Packed Lunch fillers ideas.

In addition to fruit, why not try

- *Cherry tomatoes*
- *Carrot sticks*
- *Cucumber chunks*
- *Chopped peppers*
- *Pickled onions*

Savoury suggestions:

- ◇ *Rice cakes*
- ◇ *Bread sticks and dips*
- ◇ *Boiled eggs*
- ◇ *Cheese and crackers*
- ◇ *Pasta salad*

Instead of a biscuit, how about...

- *Scones*
- *Flapjack*
- *Malt loaf*

Keep it cool to keep it fresh!

1. If you make sandwiches the night before, wrap them up and keep them in the fridge overnight.
2. If you include a carton of juice, keep it in the freezer the night before. Then put it in the lunch box, by lunch time it will have thawed and the rest of the food will be cool.
3. If possible, use a small insulated cool bag.



Don't forget our healthy school meals!
Speak to your child's class teacher about the current menu.

West Walker



Packed Lunches in school, information and ideas for parents.

Please note.

We are a nut free school. Please do not put nut based foods in your child's packed lunch.

Healthy packed lunches

It is school policy that children **do not** have chocolate sandwiches, any nut based foods, fizzy pop or energy drinks in their packed lunch. They could have cordial (diluted juice), fruit juice, milk or water instead.



Healthy lunches...

Try to have a balance of fruit and vegetables, bread (or other starchy food such as pasta) in your packed lunch. Wraps can be a good alternative to bread, you can have lots of fillings too!

- * Tuna
- * Mashed banana
- * Grated cheese and carrot



- * Sliced meat
- * Cheese

Sweet choices.

Children and adults are advised to have five portions of fruit and vegetables each day; fruit is a great way to have something sweet in your packed lunch. You could also have:

- Chopped melon