








Packed Lunches at Highwoods Community Primary School

A healthy lunch every day will give your child the energy and nutrients they need to grow, develop and learn.

The key to a balanced, nutritious diet is variety. This leaflet provides you with some ideas of what to include to ensure that your children's packed lunch is healthy, balanced and nutritious.

A healthy, balanced and nutritious packed lunch should include foods from the following four food groups:

	Starchy food such as bread, potatoes, rice and pasta.	These foods provide carbohydrates to give your child energy for the afternoon.
	Fruit and Vegetables	These foods provide vitamins and minerals to help protect against illness.
	Meat, fish, eggs, beans and other non-dairy sources of protein.	These foods provide protein, iron and zinc to help your child grow.
	Milk and Dairy foods	These foods are a good source of calcium, for strong bones and teeth.
	Foods and drinks high in saturated fat, sugar or salt.	Try to limit these "treat" items to one item per packed lunch. See our sample menu for ideas.

A model packed lunch:



Top Tip:
* Use washable, reusable pots with lids to pack up carrot sticks, cucumber, chopped fruit and dips such as hummus and tzatziki.



Packed Lunches at Highwoods Community Primary School



Sample Weekly Menu:

Monday: Cheese and ham sandwich, packet of baked crisps, cucumber and carrot sticks, malt loaf bar, diluted fruit juice.

Tuesday: Pitta bread with hummus, lentil curls (crisps), cherry tomatoes, dried apricots, Rocky bar, diluted fruit juice.

Wednesday: Ham and salad sandwich, baked crisps, apple, malt loaf bar, fromage frais, diluted fruit juice.

Thursday: Tuna and sweetcorn/cheese pitta pocket, dried fruit (cheaply available from the home baking section), baked crisps, jaffa cake bar, fromage frais, diluted fruit juice.

Friday: Cheese and ham sandwich, lentil curls, banana, penguin bar, diluted fruit juice.

The above are all only as examples and are to give an idea of the sort of things that could be packed in a lunch.

The following is not allowed: fizzy drinks, glass containers and more than one chocolate item per packed lunch.

Please note: we are a no nuts school. Nuts and products containing nuts should not come into school to protect those children with nut allergies.