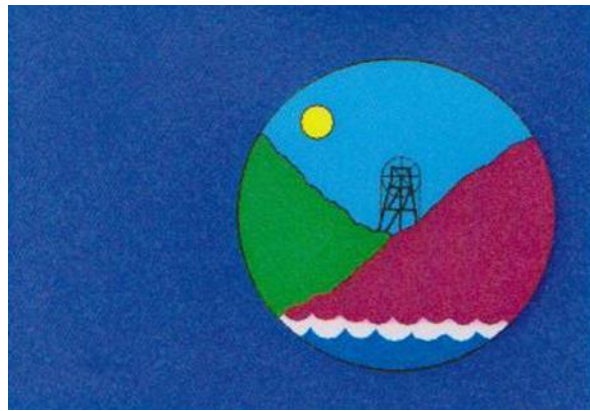


Lingdale Primary School

Packed Lunch Policy



September 2019

(review due September 2021)

Packed lunches

We prefer all children to have a school meal so that they can experience new tastes along with their friends. However, if you choose to send your child with a packed lunch please follow our healthy packed lunch guidelines.

Lunch boxes need to be CLEARLY named. As part of our school policy we ask that packed lunches contain healthy choices—try to avoid fatty foods such as sausage rolls or pasties and sugary drinks. We ask that no chocolate bars, nuts or fizzy drinks are in packed lunches. Children will be asked to take home their own rubbish so you can see what they have eaten. We ask that children only bring crisps on a Friday (when school dinners have chips). 1 Chocolate biscuit/muffin is allowed but please NO chocolate bars.

Children need to bring their lunchbox to school at the start of the day.

PLEASE NOTE:

2 school weeks notice MUST be given at the school office if you wish to change your child from school dinners to packed lunch OR packed lunch to school dinners.

We eat our lunch in the hall.

Healthy lunchbox suggestions

Sandwiches

Try to vary the type of bread such as wholemeal, granary or high fibre white bread. Also make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread.

Try to use a different sandwich filling each day—preferably including a fruit or vegetable.

Fruit and vegetables:

Try to include a range of fruit and vegetables to encourage children to eat 5 portions a day.

Healthy snacks

Other lunch box items that could be included:

- · Chicken, lettuce and tomato · · Tuna and sweetcorn
- · Grated cheese and carrot · · Cheese and cucumber
- · Mashed banana · · Ham and tomato
- · Cottage cheese, grated carrot and grated apple
- · Seedless grapes · · Small bananas
- · Fruit salad · · Canned fruit transferred to a pot
- · Cherries · · Plums
- · Apples (can be cut up and brushed with lemon juice to stop them going brown)

- · Dried fruit such as apricots, dates or raisins
- · Satsumas, tangerines or clementines (peeled for younger children)
- · Cherry tomatoes · · Carrot sticks
- · Celery sticks · · Cucumber chunks
- · Baby sweetcorn · · Grated carrot and raisin salad
- · Scones · · Malt loaf · · Flapjack · · A cereal bar
- · Yogurt · · Teacake · · Rice cakes · · Low fat crisps
- · Breadsticks · · A boiled egg · · Cheese and crackers

If parents have any concerns about school dinners or the packed lunch policy, please speak to school and we will do our best to help you.