|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2. Include some dairy | | | | |
| \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Yoghurt.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Rice pudding.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Custard.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Cheese stick.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Yoghurt tube.jpg |
| Fruit yoghurt | Rice pudding | Custard | Cheese portion | Yoghurt tube |

Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting balanced and healthy food in school.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3. Include some fruit or vegetables | | | | |
| \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Satsumas.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Grapes.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Banana.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Cucumber sticks.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Carrot Batons.jpg |
| Satsuma | Grapes | Banana | Cucumber | Carrot batons |
|  |  | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Cherry Tomatoes.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Apricots.jpg |  |
| \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Raisins.jpg | C:\Documents and Settings\1000659\Local Settings\Temporary Internet Files\Content.IE5\CPW9Y2ZM\13957227_s[1].jpg |  |  | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Plum.jpg |
| Raisins | Tinned fruit salad | Cherry tomatoes | Dried apricots | Plum |

We have used these standards to create our packed lunch guide and help families with ideas. A healthy packed lunch can help children to:

* Have enough energy to concentrate and learn in the afternoon
* Keep calm and be prepared to do their best
* Get important nutrients to keep their bodies healthy

What should a packed lunch include?

Use the following ideas to help plan a healthy lunch for your child.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. Include a savoury main (with some salad) | | | | |
| \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Cheese Tom sandwich.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Hummus Salad Wrap.jpg | http://tse2.mm.bing.net/th?id=JN.3H7z%2fdapL8jni7Ydutje5w&w=194&h=149&c=7&rs=1&qlt=90&o=4&cb=11&pid=1.1 | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Hummus Cucumber Roll.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Chicken Salad Pitta.jpg |
| Cheese & tomato sandwich | Tuna and salad wrap | Cream cheese and lettuce bagel | Hummus and cucumber roll | Chicken salad pitta bread |
|  |  |  |  |  |
| \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Pasta Cheese Sweetcorn.jpg | C:\Documents and Settings\1000659\Local Settings\Temporary Internet Files\Content.IE5\X48MGTFN\DSC_0167[1].JPG | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Sardine Lettuce Thin.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Pasta Tuna Sweetcorn.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Egg Lettuce Sadwich.jpg |
| Cheese and sweetcorn pasta | Chicken and pepper noodles | Sardine and lettuce thin | Tuna and sweetcorn pasta | Egg, pepper and lettuce sandwich |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Crackers.jpg4. Include an extra low fat/low sugar snack, if needed | | | | |
| \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Breadsticks.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Rice cake.jpg | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Fruit scone.jpg |  | \\lbcbau\userdata\documents\1000659\My Documents\My Pictures\Packed Lunches\Plain biscuits.jpg |
| Plain breadsticks | Plain rice cakes | Fruit scone | Crackers | Plain biscuit |