

Packed Lunches from home

If you wish to provide a packed lunch from home as opposed to the free school meal, we ask that all children are provided with a healthy lunch box, for example:

- ✓ Sandwich, wrap, crackers or pasta
- ✓ Fruit
- ✓ Vegetables/salad
- ✓ Yoghurt
- ✓ Cheese/ham

No drink other than plain tap or plain bottled water will be allowed throughout the school day.













We politely ask that children do not bring to school:

- ✗ Sweets
- ✗ Chocolate, biscuits or cakes
- ✗ Crisps
- ✗ Fruit drinks, squash or flavoured water

LUNCHBOX BUILDER









CREATE A MAIN

USING A PORTION FROM EACH OF THE FOUR GROUPS BELOW

 WHOLEMEAL BREAD	 WHOLEMEAL PASTA
 WHOLEMEAL PITTA	 BAGEL
 GRILLED CHICKEN	 TUNA
 HUMMUS	 EGGS
 LETTUCE	 SWEETCORN
 TOMATOES	 PEPPERS













SNACK


NOW CHOOSE ONE OR TWO YUMMY SNACKS

 FLAPJACK	 RICE PUDDING
 DRIED FRUIT	 BANANA BREAD
 MINI PRETZELS	 GRANOLA BAR
 BREADSTICKS	 DIPS

FRUIT & VEG

FINALLY ADD TWO FROM YOUR FIVE PORTIONS A DAY

 BLUEBERRIES	 APPLE
 STRAWBERRIES	 GRAPES
 BANANA	 SATSUMA
 SUGAR SNAP PEAS	 CARROTS
 CUCUMBER	 CHERRY TOMATOES
 BROCCOLI	 CELERY



Bracebridge

Infant and Nursery School