

Recommended items

Fruit or Veg

To help us eat our 5 a day we think that packed lunch boxes should include **TWO** items of fruit or veg.



Suggested sandwich fillings:

Cold meats
Cheese
Egg
Tuna
Salad
Peanut butter



Other ideas:

Salads
Pasta salads
Warm meals in non- breakable, wide necked flasks
Yogurts (please provide spoons)
Cheese strings
Soup in a flask

Water bottles must contain water and not squash

Packed Lunch Policy suggested by the School Council and agreed by all pupils and staff of Dacre Braithwaite CE School

We hope this will
be helpful to
parents



Adopted February 2021

Banned or restricted items

No drinks

Water is provided on all tables

NO **sweets!!**

Crisps - a small, individual bag (not grab bags) only allowed twice a week: On Wednesdays and Fridays

Only **ONE** chocolate **biscuit** or equivalent each day. No chocolate bars!