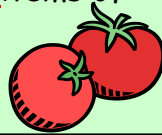


## Recommended items

### 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 should 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 March 2026  
Renewal March 2029

## 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!