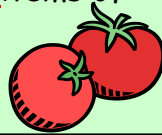


## Recommended items

### 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

## 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!