



Healthy Eating

A healthy lunchbox includes food from the bottom three shelves of the food pyramid. A healthy lunch may consist of the following:

Fruit	Salad	Rice Cakes	Crackers
Pasta	Fruit Yoghurts	Sandwiches	Wraps
Raisins	Smoothies	Meat/Chicken	Fish
Eggs	Raw Vegetables	Cheese	Pure Fruit Juice
Milk	Water	Diluted drinks	Homemade Soup

The following are **strongly discouraged** in our school:

Crisps/Popcorn	Sweets	Chocolate	Muffins
Biscuits	Pastries/Buns	Doughnuts	Fizzy/Energy Drinks
Chewing Gum	Fruit Winders	Cereal Bars	Yoghurts with chocolate/jam

On Fridays one small treat may be included in lunches. On this day we include one piece of food from the top shelf of the food pyramid.

These treats may include one of the following:

1 fun size bar	2 Biscuits	1 Fun size packet of sweets
Yoghurts with chocolate/jam	2 small buns/Slice of cake	Lollipop
Nutella dip	Fruit Winders	Rice Crispie/Coco Pops/Frosties cereal bar

