

# Packed Lunch Policy

Your packed lunch **should** include one portion of:

<p>Fruit</p> 	<p>Vegetables</p> 	<p>Meat, egg, beans or fish</p> 	<p>Starchy food e.g., sandwich, rice or pasta</p> 	<p>Milk, yoghurt or cheese</p> 
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Your packed lunch **should not** include these foods:

<p>Crisps &amp; other high fat snacks</p> 	<p>Chocolate, sweets</p> 	<p>Pastry/ fried foods</p> 	<p>Nuts</p> 	<p>Soft Drinks</p> 
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Treat Friday!

Every Friday you may bring one treat in your packed lunch.