



School Council

Pack Lunch Code of Conduct

Eating healthy helps our brain and body work better.
Duke Street Pack Lunches NOW include...

Drink: Water, Milk or sugar free juice. NO FIZZY POP

Main meal: Sandwiches (tuna, cheese, ham, egg), soup, pasta, beans or spaghetti.

We need protein and carbohydrates in our lunch box.

Dairy: Milk, yoghurt, cheese

Snack: Baked crisps, fruit and veg

