













# Our Healthy Packed Lunch Code

## In your lunch box we hope to find:

-  A drink – this can be water, fruit juice or milk
-  A piece of fruit
-  Vegetables or salad
-  A dairy item - cheese or yoghurt
-  A sandwich or a wrap containing meat, fish, eggs or cheese
- 



## In your lunch box we do not expect to find:

-  Fizzy drinks
-  Chocolate
-  Sweets
-  Chocolate Biscuits



**NO NUTS ARE ALLOWED IN SCHOOL!**

**School Council Members November 2021**

