

Lunch Guidelines

Food, drink and school lunch arrangements:

- All children under 5 years old are given free milk.
- The Government's free fruit and vegetable scheme for children between the ages of four and six enables us to give all the children a free piece of fruit or vegetable every day.
- **All children in their first three years of schooling (Reception to Year 2) are entitled to free school meals.** We work closely with our school lunch provider to devise menus that provide the children with a healthy, balanced and tasty meal every day. Children may still bring a packed lunch to school, please see guidelines below.
- All children have access to drinking water throughout the school day.

Packed Lunches:

At Deansbrook Infant School we aim to encourage the children to eat a healthy, well-balanced lunch.

INCLUDE

- Minimum of 1 portion of fruit and 1 portion of vegetables every day
- Meat, poultry, fish and non-dairy protein, e.g. pulses
- Oily fish at least once every couple of weeks
- Starchy food such as bread, pasta, rice, potatoes, including wholegrain varieties
- A dairy product – milk, cheese, yoghurt
- Water or milk (semi-skimmed or skimmed)

LIMIT

- Meat products such as sausage rolls, pies, sausages, etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally, not as a snack
- Fruit juice, 150ml per day

DO NOT INCLUDE

- Salty snacks such as crisps, nuts, etc
- Sweets and chocolate
- Sugary soft drinks

Please **do not** give your child nuts, sweets, chocolate or fizzy drinks in their packed lunch.

Any uneaten food will be left in the lunch box so parents can monitor what their child(ren) eat.

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Suggested foods for Packed Lunches	Please do <u>not</u> put these foods in your child's Packed Lunches
<ul style="list-style-type: none">• Sandwich/Pitta bread – Meat, cheese, tomato, cucumber.• Naan bread• Sausage roll/cocktail sausages/quiche.• Carrot, celery, cucumber sticks.• Rice/pasta salad• Crackers• Small pieces of fruit• Yoghurt• Juice or water	<ul style="list-style-type: none">• NUTS• Sweets• Chocolate (including chocolate biscuits)• Fizzy drinks

