

What makes a healthy lunchbox? (Choose 1 option from each of the 7 Groups)

Fruits and vegetables

Any dried fruit e.g. raisins, Sultanas.

Salad in Sandwiches

* Whole pieces of Fruit/Vegetables e.g. apples, bananas.

*Guidance from Essex School meals is that Cherry Tomatoes and Grapes should be cut in half due to choking hazards.

Vegetable Sticks



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Meat, Fish and Proteins

Lean ham

Chicken

Turkey

Fish

Hard boiled eggs

Houmous

Beans/ Chick Peas/Lentils

Meat Substitute e.g. quorn

Milk and Dairy

Carton Semi-Skimmed milk

Yoghurt smoothie

Yoghurt or Fromage Frais

1 portion Cheese (Matchbox size/30g size)

Cheese spread

Dairylea dunkers/ jumbo tubes
(other makes also suitable)

Rice e.g. Muller rice/ other

What makes a healthy lunchbox? (Choose 1 option from each of the 7 groups)



Carbohydrates

Different breads
Crackers
Rice Cakes
Cous Cous
Pasta Salad
Rice
Pizza
Pitta Bread
Tortillas
Chapatti

Drinks

Squash
Walk
Milk
Fruit Juice* although healthy this item does have a high sugar content. Therefore parents may wish to consider this as a treat.



Sugar/ Sensible treat options

Cakes eg. Mr Kipling slice
Small chocolate covered biscuit
eg. Penguin bar
Small packets of biscuits
eg. Maryland cookies
Brioche
(Small chocolate chips are fine)
Cereal Bars

Fats

Mini Sausage rolls or equivalent size
Cocktail sausages
Crisps (All varieties but Baked or lower fat options are best e.g. Quavers, Skips, French Fries)



Unacceptable items due to High Sugar Content

Chocolate bars (Mars Bars)

Iced Gems

Yoghurt Raisins

Fruit winders or similar such items e.g. Bear products.

(* Please note coco flavoured items **are fine** to have in the lunch box e.g. chocolate cake)

Unacceptable items due to High Fat Content

Pepperami