

# Healthy Lunchboxes

Your child's packed lunch could include:

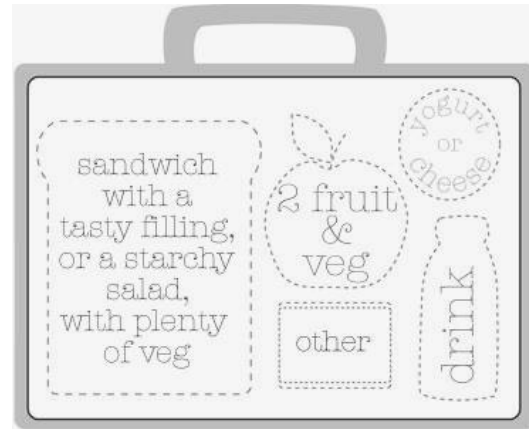
A sandwich or starchy salad (e.g. pasta or couscous)

2 fruit or veg

Yogurt or cheese

A drink:

Other items: such as seeds, bread sticks, oat flapjacks, banana bread etc.



**PLEASE NOTE: Crisps, chocolates, sweet biscuits, cakes and fizzy drinks are NOT allowed in packed lunches and will be sent home!**

