

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)



Drinks

Squash

Water

Milk

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

Carbohydrates

Different breads

Crackers

Rice Cakes

Cous Cous

Pasta Salad

Rice

Pizza

Pitta Bread

Tortillas

Chapatti



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)

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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

