



Healthy Lunch Box Guide

Wexham Court Primary School



Every day your child's lunch box should include...

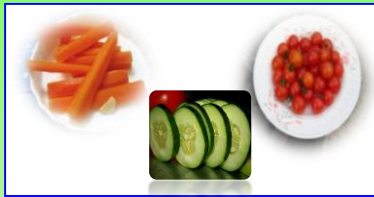
Fruit

Including fresh, dried, canned and fruit juice



Vegetable

Carrot sticks
cherry tomatoes
cucumber



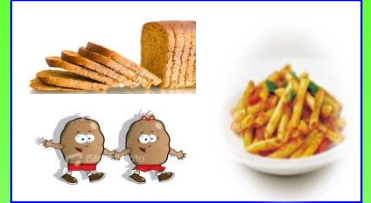
Protein

Meat, fish, eggs
pulses (chickpeas, lentils, kidney beans, etc)
hummus, falafel



Starch

Bread, pasta
potatoes, rice
couscous



Dairy

Milk, yoghurt,
cheese,
fromage frais
(low fat is best)



Drink

Water, fruit juice,
milk, yoghurt,
milk smoothie



Sometimes you could include.....
(no more than once a day)

Sweet Item

A small cake
cereal bar
or biscuit



Sugary Drinks

Capri sun, fruit shoots,
ribena



Crisps

Salted snacks



Please do not include.....

Sweets

And chocolate bars



Fizzy Drinks

