

To encourage children to have a healthy packed lunch, please do not include these items:



Chocolate

(Including Chocolate Spread Sandwiches)



Sweets



Chocolate Covered Biscuits

We have children in school with peanut allergies and so ask for there to be NO NUTS in children's packed lunches.



Easy Changes



Swap Sweets for Fruit



Swap Crisps for Crackers



Growing Together, Learning for Life



BANNOCKBURN
Primary School

Packed Lunches



HealthySchools



Packed Lunch Ideas

Sides

Raw Carrot Sticks

Cucumber Sticks

Celery Sticks

Sliced Peppers

Mange Tout

Sugar Snap Peas

Cherry Tomatoes

Boiled Egg



Carbohydrates

Sandwich

Bread Roll

Pitta Bread

Tortilla Wrap

Pasta, Rice, Couscous



Fillings

Cream Cheese and Cucumber

Cheese & Pickle/Salad

Sliced Turkey or Chicken

Hummus & Grated Carrot

Egg Salad



Desert

Fruit Salad

Kiwi

Raisins

Apple

Yoghurt

Fromage Frais

Banana



Extras

Flapjack

Currant Bun

Fruit Bread

Plain Fruit Cereal Bar

Cake



Drinks

Children should bring a bottle of still, flavourless water or plain milk to go with their packed lunch.



Try to change the content of your child's packed lunch every day to ensure they have a varied diet.

Variety