

Ransboro NS Healthy Lunchbox Tips

The following is a list of recommended foods to choose from for your child's lunch Monday to Friday.

An example of a healthy lunch would be water, a sandwich with protein filling or a pasta salad, a piece of fruit and a yoghurt.

Carbohydrates	Protein	Fruit/Vegetables	Dairy	Drinks
Bread	Meat filling	Fruit	Cheese	Water
Roll	Salad filling	Fruit Salad	Yoghurt pots	Milk
Pitta Bread	Egg filling	Homemade fruit	Frubes	Diluted Juice
Wrap	Fish filling	smoothies		(in a reusable
Bagel	Cheese filling	Vegetables		bottle - no
Ciabatta	Slices of meat	Vegetable sticks		cartons
Crackers	Hummus			allowed)
Breadsticks				
Scones				
Rice Cakes				
Brioche				
Pasta				
Rice				

Friday Treat - Children are allowed to bring one item from the following list as an extra treat on a Friday.

Cereal Bar	2 biscuits
Home baked item	Chocolate/yoghurt covered rice cake
Treat size bar	

The following foods are **NOT** allowed in school at any time:

Chewing gum	Chocolate
Sweets	Crisps
Fizzy Drinks	Flavoured drinks
Nutella or any chocolate spread	Nuts
Popcorn	Fruit Winders
Hot drinks - hot chocolate/soup/tea/coffee (for safety reasons)	

Sweets will not be used as rewards but on special occasions teachers may give out sweets at their own discretion, eg. End of term parties/school trips/celebrations.