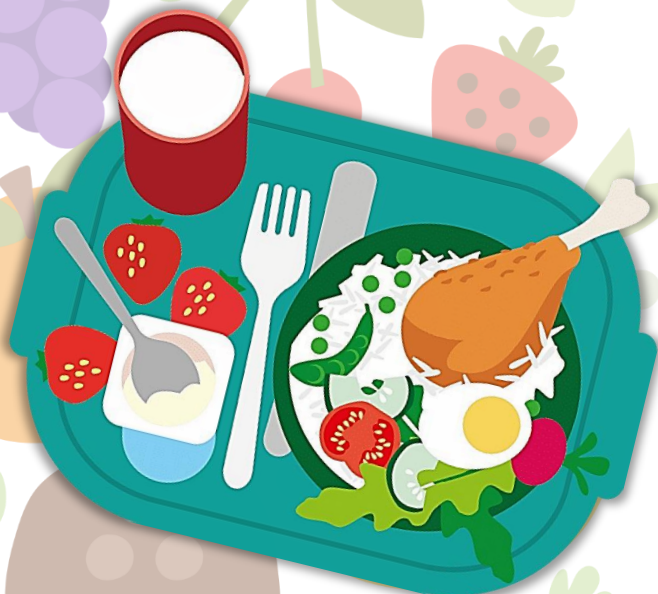


St Charles'



ST CHARLES'
VC ACADEMY

HEALTHY PACKED LUNCH GUIDE



Starchy Food:

Wholegrain rolls or bread, tortilla wraps, chapatti, pitta pocket, pasta or rice salad.

HERE ARE SOME IDEAS FOR A HEALTHY PACKED LUNCH:

Healthy Drinks:

Semi skimmed milk, water, fresh fruit juice, sugar free juice, yoghurt drink.

Fruit and vegetables:

An apple, a Satsuma, a handful of cherry tomatoes, carrot sticks, fruit salad, box of raisins.

Protein:

Lean meat i.e. chicken, ham or beef.

Fish i.e. salmon or tuna.

Eggs and beans.

FOR A HEALTHY LUNCHBOX
SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE:

Plenty of fruit and veg



A healthy drink



Protein



Something Starchy



Low fat dairy



**YOUR CHILD'S
PACKED LUNCH
SHOULD NOT
INCLUDE:**

Nuts of any kind



Sugary biscuits



Chocolate bars



Crisps



Fizzy and sugary drinks

