



Packed Lunch Guide at New Horizons Primary School

We are a **NUT FREE** school; no items containing nuts should be brought into school; this includes any nut based spreads.

Every Day in my lunchbox there should be...

Energy

A sandwich, bagel, wrap or crackers

OR

A dish of cold potato,
rice or pasta



(Wholegrain bread or pasta is best or 50/50)

Protein

Add a portion of lean meat, fish, eggs or beans to your child's energy food to provide protein, iron and zinc to help them grow.



Dairy

Add a portion of milk, cheese, yoghurt or fromage frais to provide calcium for strong teeth and bones.



Fruit and Vegetables

Add at least 2 portions of fruit or vegetables. These will give your child the vital vitamins and minerals they need. This could be for your child's fruit break in Years 3-Y6.



And to drink...

Water is the best choice. You can add some sugar free squash or some fruit juice. No fizzy drinks, energy drinks or PRIME are to be brought in.



Optional Extra Food

You can add a treat such as a packet of Mini Cheddars, a small muffin, biscuit or packet of crisps. No sweets please.

If your child has any allergies or special dietary requirements, please make us aware so that we can support them.

We have no facility to reheat food brought in from home. Please do not bring in a packed lunch in a hot food container as these are a health and safety risk to students.

Please can you ensure the lunchbox is clearly labelled with your child's name.

Thank you for helping us to educate your child on how to make responsible choices.

Thank you