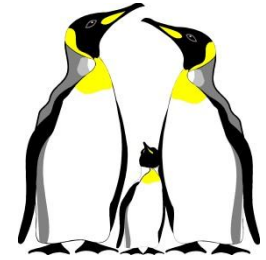


Whitwick St John the Baptist CE Primary School



Every day

Sandwiches, bread roll, wraps, cheese, ham, chicken, tuna etc.
Crackers, breadsticks, pasta,
Fruit - fresh or dried
Yoghurt / fromage frais, rice,
Carrot sticks, cucumber, peas, etc
Water
Fruit juice NOT squash

Occasional treats

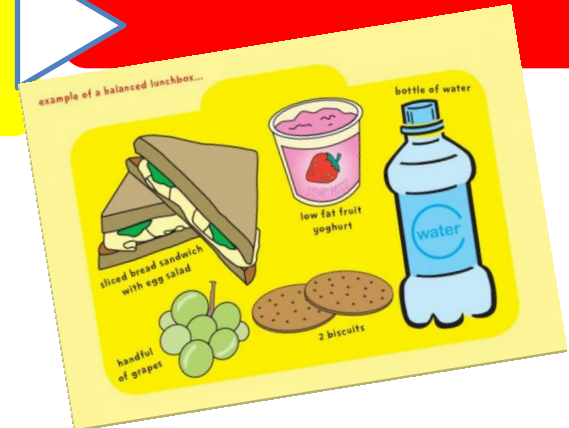
Pastry items
Sausage rolls
Pork pies
Mini sausages
Pepperami
Scotch egg
Cake / fruit muffin
Crisps
Jam in sandwiches

Choose one of these a day..

Please do not include

Chocolate based products e.g
chocolate spread, chocolate desserts, chocolate covered cakes or biscuits
sweets
NUTS or any product containing them.
Sugary drinks - squash or labelled 'fruit drink'

Packed Lunch Guidelines



The Eat Well Plate

