WHAT SHALL I PACK FOR LUNCH?



- Name the lunchbox on the outside.
- Cut grapes length ways.
- No nuts, sweets or chocolate please.
- An icepack will keep the food cool.
- 5 items of food should be enough- Sandwich/wrap/pasta, fruit,vegetable,dairy, fibre/grains.
- Children have 1 hour for lunch this consists of eating their lunch and play time outside.
- We enocurage the children to eat until they are full, we do not force them to eat but will speak to you if we are worried.









