



Meadowfield Primary School Packed Lunch Guidelines

At Meadowfield we aim to make sure that our school dinners offer children a nutritional and balanced diet. This is because a healthy lunch provides children with the energy they need for their afternoon learning.

We want our children to enjoy their lunch whether they have school dinners or bring in food from home. Below is an example of a healthy, affordable packed lunch bought from Asda that includes foods from each of the main food groups.

A sandwich with a choice of filling.

Raisins
£1 for 4 packets

A yoghurt.
33p for 4

Carrot sticks
£1 for 4 packets

A packet of crisps.
66p
12 packs

A biscuit
40p a packet

We provide all children with fruit and water during the school day.

We ask that you do not include fizzy drinks or sweets in packed lunches because they are very high in sugar. This sugar can cause children to have a rush of energy followed by a drop in concentration, which makes it difficult for them to engage in their learning.



If you would like more information about the government's new school food standards and their suggestions for packed lunches, please ask your child's class teacher for a leaflet.

'Eat well, move more, live longer' – Change for life'

