



## Healthy packed lunches and snack

Making tasty, healthy and interesting packed lunches can feel like hard work!

At Rudyard Kipling we promote healthy eating and an active lifestyle.

### For morning snacks

Children in Reception are provided with a piece of fruit daily all year and a carton of milk daily up to the age of 5.

### Packed Lunch

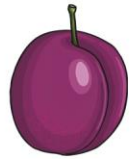
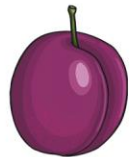
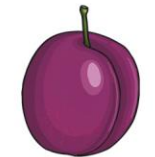
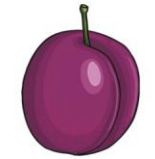
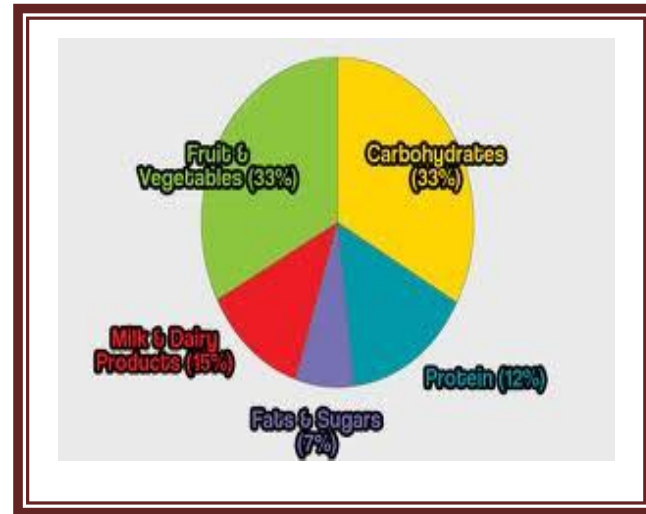
Try to aim for a balanced diet to include something from the following food groups:

Carbs (bread, pasta, rice)

Protein (eggs, cheese, beans, meat)

Diary (yoghurt, cheese)

Fruit or veg





If you're stuck for ideas and bored of marmite sandwiches here's a few ideas to try...

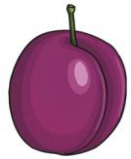


CARBS and PROTEIN

DIARY

FRUIT AND VEG

ALTERNATIVE TREATS



Chicken wraps

Cream cheese pasta

Cucumber, peppers and carrot sticks

Popcorn

Pitta and humous

Fromage frais

Cous cous salad

Raisin flapjacks



Pesto pasta

Baby bells/ cheese sticks

Fuit salad

Dried apricots or mangos



Star shaped ham/ cheese sandwiches

Cheese and crackers

Smoothies

Chocolate dipped strawberries and tangerines

Homemade pizza

Cream cheese on rice cakes

Avocado



Quiche

Mixed berries

Oatie bars

Cheese scone

Spelt pasta and veggies

Raisins and sultanas



Tomato soup in a thermos

