

## **Packed Lunches**

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre. We ask you to provide a healthy lunch each day in school. Also, please only give you child something you feel she can easily manage to eat.

The following guide is designed to help you provide quick, appetizing, and nutritious lunches for your children.

### **Bread and alternatives**

- Bread or rolls, preferably wholemeal
- Rice- wholegrain
- Pasta- wholegrain
- Scones

### **Savouries**

- Lean meat
- Chicken/ Turkey
- Tinned Fish e.g. tuna/ sardines
- Cheese, including Edam, blarney, cottage
- Quiche
- Pizza

### **Fruit & Vegetables**

- Apples, bananas, peach, plum, pineapple cubes, mandarins, orange segments, grapes, fruit salad, dried fruit, tomato, cucumber, sweetcorn, coleslaw and celery

### **Drink**

- Water
- Milk
- Yoghurt

Try to avoid fruit juices please.

### **Start with the basics**

A healthy packed lunch should contain bread or an alternative, a savoury filling which provides protein, a suitable drink and some fruit and/ or vegetables.

### **A word about milk and our milk scheme**

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium which is essential for healthy bones and teeth. We have a milk scheme in the school. Your child can have a carton of milk in school every day if you wish. The cost is €1.50 per week.