



We are a Healthy Eating School.

Foods that a healthy lunch box should include at CWJS:

- A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.
- A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.
- A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.
- A drink, for example unsweetened fruit juice, semi-skimmed milk or water.



Foods that should be limited:

Foods high in fat and sugar should be restricted.



Foods that are not allowed in lunchboxes:

Nutritional standards for schools lunches do not allow sweets, chocolate or savoury snacks such as crisps, fizzy drinks and other high sugar drinks to be served at lunch times.

Please note: children's lunch boxes should NOT contain Nuts or Nut products. A child with a nut allergy can still be affected even if the nuts or nut products are in someone else's lunch box.