

## **School Lunches**

Our on-site catering team produce a range of freshly cooked, delicious, healthy options on a daily basis.

School lunches currently cost £2.60 per day for children in Key Stage 2. Children can opt for packed lunches from home if preferred.

Reception, Year 1 and Year 2 are eligible for universal free school meals.

All lunches must be ordered through ParentPay at least 48 hours in advance and paid for if applicable.

## **Healthy Snacks**

We promote healthy eating with the children and whilst they are encouraged to bring snacks for mid-morning break we would like these to be healthy snacks.

Please remember that we are a nut-free school due to the allergies of some of our children.

### Healthier alternatives to sweet snacks

- Chunks of melon, strawberries, grapes, or whatever you have to hand. Look out for fruit that's in season, it's likely to be cheaper.
- Dried – how about just a few pieces of mango, banana or pineapple? Don't forget, a small handful is about the right amount of dried fruit for kids.
- Low fat fruit yogurt.
- A handful of dry, reduced sugar cereal with a few raisins or sultanas.

### Healthier savoury snacks

Instead of crisps, which can be high in salt and fat, try:

- Pumpkin and sunflower seeds
- Rice cakes with lower fat cream cheese and cucumber
- Celery sticks filled with lower fat cream cheese
- Homemade popcorn (without sugar or salt)
- Unsalted rice cakes, crackers or oatcakes

### Fun for dipping!

Snacking on veg also counts towards your 5 A DAY and ups your fibre intake too. So how about these:

- Veg sticks - carrot, celery, baby sweetcorn, peppers and radishes with a reduced fat hummus dip
- Sliced apple and a lower fat soft cheese to dip

Always check the label

To find out how much salt, saturated fat and sugar is in snacks, check the nutrition label on packaged food.