



CANONBURY
PRIMARY SCHOOL

Create, discover and succeed together



Packed Lunch Guide

The lists in the Green and Amber boxes are examples of the common sorts of food many Canonbury children bring in. We are taking a common sense approach and of course there are many other healthy foods that your child can have in their lunch.






GREEN

These foods are examples of good choices to put in your packed lunch:

FRUIT (2 PIECES)	
SANDWICH, WRAP OR ALTERNATIVE	
DAIRY	
VEGETABLES (2 PIECES)	
FIBRE/GRAINS (Wholegrains)	
WATER	

AMBER

Try not to have too many of these foods in your packed lunch, and certainly not every day:

Plain Biscuits	
Proteins high in saturated fats	
Fruit Loaf and Plain Pastries	
Processed Dairy	
Sugary Drinks	

RED

These foods are not allowed in your packed lunch.

Sandwich Fillings	
Sweets, Cakes and Chocolates	
Crisps, Nuts and Chocolate desserts	
Fizzy and Energy Drinks	