

MILWARDS PRIMARY SCHOOL

Lunch Box Policy

All food that is provided at our school is governed by legislation, through school standards. These government standards are intended to help children develop healthy eating habits to ensure they get the energy and nutrition they need across the day. These Standards apply to all food and drinks in every provision provided from breakfast club, snacks, school meals and after school clubs.

It is therefore important that school lunches that are provided from home also comply within the Government School Food Standards.

Lunchboxes should have the following:

- Base a packed lunch around a starchy food-such as sandwich, pasta, rice, roll, wrap, pitta or bagel
- Include at least one portion of vegetables or salad
- Include at least one portion of fruit
- Include a dairy product such as milk, cheese, yogurt or fromage frais
- include a source of protein such as meat, fish, chicken or non-dairy vegetarian sources such as eggs, beans, lentils, soya/Quorn products

There should be:

- No crisps apart from on Fridays
- No confectionary/sweets, chocolate (including chocolate spread) or chocolate coated products
- No nuts or food that contain nuts (we are a Nut Free School)
- No takeaway meals or products

Suitable drinks are milk, water, pure fruit or vegetable juices and no added sugar squashes.

Pupils with special dietary requirements

Some pupils in our school do have special dietary requirements and some are working with a health care professional. For these reasons' pupils are not permitted to swap food items with other children. If you feel you need support with your child's lunches, then please contact the class teacher who can offer advice and support. If your child has any food intolerance or allergies, then please inform the school office and then relevant paperwork work can be filled out.

Monitoring

Packed lunches are regularly monitored by teaching staff as well as lunch time staff and supervisors.

If the pupil's lunchbox does not comply with the Government's Food Standard, then a note will be sent home with the lunch to remind you of our policy and what needs changing. Some items will not be allowed to be eaten (e.g. sweets and chocolate) but your child will be given a sufficient replacement from our fruit and salad bar, so they will not be hungry. If the packed lunch continues to be inappropriate, then a phone call will be made home to parents/carers directly.