

Canon Sheehan Primary School – Doneraile

Guide to Healthy Lunch Boxes & Nutrition Snacks

Some ideas for a healthy lunch box, or nutritious snack options for you children.

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice – wholegrain
Pasta – wholegrain
Potato Salad
Wholemeal Scones
Bread Sticks
Crackers
Pitta Bread

Fruit and Vegetables

Apples, Banana, Pear
Mandarins, Orange Segments
Grapes, Berries,
sugar Dried Fruit: Raisins
Cucumber, Sweetcorn,
Tomatoes, Celery

Fillings

Thinly Sliced Lean Meat
Chicken/Turkey
Tuna
Cheese
Salad
Roasted Peppers, Sweetcorn
Mix with: Mayonnaise, Salad Cream,
Ketchup, Brown Sauce

Drinks

Water
Milk
Squashes, i.e. low



FOODS NOT PERMITTED!

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods not allowed in everyday school lunches include:

- Peanut butter and all nut butters
- Foods containing nuts e.g. cereal bars, home baking, nutty biscuits
- Nutella and Chocolate Spreads
- Fast Food e.g. Hot Chicken rolls, sausages and sausage rolls, chips/wedges.
- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit flavoured water, juices etc.)
- Sweets
- Chocolates biscuits/bars
- Popcorn
- Chewing gum
- Yoghurt and Yoghurt Drinks (too messy for school)