



CARLETON PARK
J & I SCHOOL

Carleton Park J & I School
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School Meals in Year 3

Dear Parents/Carers,

Your child will be moving into Year 3 in September 2023. Once your child moves up to Key Stage 2 their entitlement to a universal free school meal (UFSM) ends and unless your child is entitled to free school meals (FSM) you will have to pay for school dinners. The current cost of a school meal is £2.40 per day, payable in advance at the start of the week via MCAS for any meals taken the same week.

If you think you may be entitled to Free School Meals you can now apply online using Wakefield Council's digital form please see the link below:

<https://forms.wakefield.gov.uk/Forms/schools/freeschoolmeals.aspx>

The alternative to having a school dinner is to provide a packed lunch every day and your child may already be having packed lunches. Suggestions for food to include in a healthy packed lunch:

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, salmon or tuna.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include Dairylea Lunchables or similar products).
- Pretzels, seeds, fruit, crackers and cheese and vegetable or bread sticks with a dip.

Suggestions for food to NOT include in a healthy packed lunch (these are all foods we have already asked children not to bring to school).

- Confectionery such as chocolate bars. Sweets and chocolate are not allowed at lunch or any other times.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Meat and pastry products such as sausage rolls or pies
- Smoothies or milkshakes (Water is provided at all tables during lunch)

For food ideas for children's packed lunches please feel free to check out the following links:

<https://www.bbcgoodfood.com/recipes/collection/school-lunch>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Yours faithfully

Mr J Ayre
Headteacher