

Carbohydrates
Fibre
Cereals, Fruit, Bread, Vegetables
Protein
Dairy, Red Meats, Poultry.

School Dinners Make Winners!

Eating a school dinner means that your child is guaranteed a tasty and nutritionally balanced meal during the day, which can help improve their concentration so that they perform better and fulfil their potential.

School dinners offer excellent value, with a wide choice of foods for your child to pick from and they will help save you time too!

Sign up now, ask at your child's school for more details.

**SCHOOL
FOOD TRUST**
Eat Better Do Better

change
4 life
Eat well Move more Live longer

www.schoolfoodtrust.org.uk

