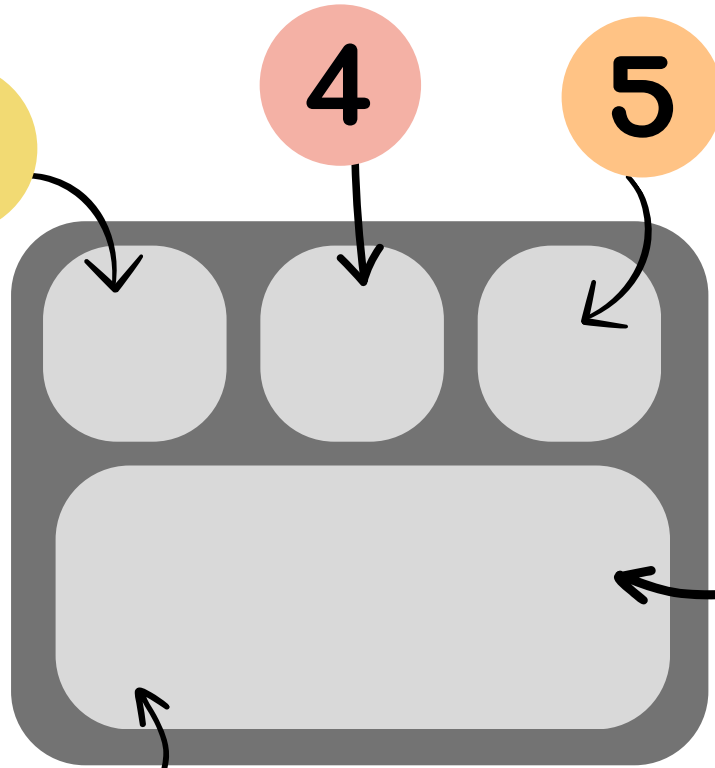




Lunch Tray Ideas

All children at the setting use a tray at lunch time which helps to promote school readiness and independence..



Lunch times are a sociable occasion where children are able to chat with their peers

All food is transferred to the trays using an order that helps children to understand the importance of eating certain things first.

Young children only have small stomachs so they don't need a big meal, our trays allow for 5 sections

Children have their whole life to discover sugary foods so why not avoid them when you can.

Children are encouraged to collect their lunch tray from the kitchen and carry it to their seat at the table

Children are encouraged to eat the front of their tray first before starting on the back, this promotes healthy choices and good eating habits.

Below are some ideas of what you could put in each section

Section 3

- carrots
- cucumbers
- peppers
- tomatoes
- celery
- hummus

Section 4

- fruit
- jelly
- rice pudding
- berries
- raisins
- fruit pouch

Section 5

- biscuit
- rice crackers
- malt loaf
- crisps
- breadsticks
- cake

Section 1

- sandwiches
- crackers / cracker bread
- pasta
- pizza
- rice and vegetables
- pancakes with butter

Section 2

- cubed cheese
- babybel / cheese string
- eggs
- yogurt
- meaty snack bites
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