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**MISSION: "TO EDUCATE THE STUDENTS IN A HIGHLY PRODUCTIVE AND SAFE ENVIRONMENT EMBEDDED IN NATIONAL AND INTERNATIONAL VALUES AND SKILLS"**  
**VISION: "INNOVATIVE EDUCATION TO PRODUCE WORLD-CLASS, GLOBAL CITIZENS"**

## **HEALTHY LUNCH BOX GUIDELINES**

Asssalam o Alaikum/Greetings

Dated: 8<sup>th</sup> February '26

Respected Parents/Dear Students,

As per the Ministry of Health and Education guidelines, please ensure your child's lunch box includes a balanced meal with:

- Whole grains (bread, rice, or pasta)
- Protein source (eggs, lean meat, beans, or nuts)
- Vegetables and fruits
- Dairy products (milk, yogurt, or cheese)
- Healthy fats (avocado, nuts, or seeds)

### **Avoid including:**

- Sugary snacks and drinks
- Processed foods
- High-salt foods

To make it easier, we're sharing a 5-Day Lunch Box Planner with healthy meal options and ideas. This will help you plan and pack nutritious lunches for your child.

### **A sample healthy lunch box:**

- Whole wheat sandwich with lean meat and veggies
- Carrot sticks with hummus
- Fresh fruit (apple, banana, or orange)
- Water or low-fat milk

Please follow the 5-Day Planner and guidelines to ensure your child receives a healthy meal. If you have any dietary concerns or questions, please reach out to us.

Thank you for your cooperation.

Best Regard,

Mr. Amjad Ali Sher  
Vice Principal  
PHSS, RAK

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**Diversity**

**Tolerance**

**Integrity**

**Innovation**

**Care**

**Respect**

# HOW TO PACK A LUNCH BOX

## COLORFUL LUNCH BOX

Include **different varieties** of fruits and vegetables. Colors make children happy.

## CHOOSE WHOLE GRAINS

Type of carbohydrates is more important than the **amount** of carbohydrates.

## HEALTHY CHOICES

Swap the unhealthy foods with healthy options. Swap a cupcake for berries and yogurt. Swap sugar coated breakfast cereals with plain cereals with dried fruits.

## SIZE DOES MATTER

Pay close attention to **portion sizes** for different foods. Cheese cube can be the size of your thumb while milk can be a glass full.

## KEEP SUGAR AWAY

Keep **Sugar away**. Items like, biscuits, most cereals, flavored yogurt and milk, contains added sugar

## WATER

Keep your body **hydrated**. Drink plenty of fluids.

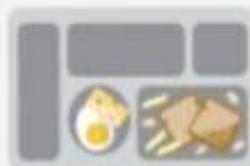
Include at least 4 out of the 6 major food group to make choices. **Avoid repeating** items from same group.

## 40% HEALTHY CARBOHYDRATES



Choose from whole wheat or multigrain bread, oats, tortilla wraps and even sweet potatoes

## 20% GOOD QUALITY PROTEINS



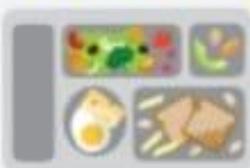
Like eggs, milk, yoghurt, lean meat, salmon, tuna, red kidney beans, chick peas, cottage cheese **etc.**

## 25% FRESH FRUITS AND VEGETABLES



Choose from a wide variety of fruits such as berries, bananas, oranges, and vegetables like spinach, carrots, squash, mushrooms

## 15% HEALTHY FATS



Choose from walnuts, olive oil, avocados **etc.**

## FLUIDS

Choose from either fresh water, fresh fruit juice, coconut water **etc.**



# 5 DAY PLANNER

## BREAKFAST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> <li>• 1 slice bread with low fat cheese spread</li> <li>• Low fat yogurt with berries</li> </ul> 	<ul style="list-style-type: none"> <li>• Avocado cucumber sandwich</li> <li>• 3 apple slices</li> <li>• 1 small leban</li> </ul> 	<ul style="list-style-type: none"> <li>• Chicken lettuce sandwich in pita bread</li> <li>• 4-5 orange peels</li> </ul> 	<ul style="list-style-type: none"> <li>• Cottage cheese sandwich in multigrain bread</li> <li>• 1 small banana</li> </ul> 	<ul style="list-style-type: none"> <li>• Oats porridge</li> <li>• 1/2 banana and low fat milk</li> </ul> 

## LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> <li>• Rice with sautéed vegetables and beans</li> <li>• 1 whole banana</li> <li>• Laban</li> </ul> 	<ul style="list-style-type: none"> <li>• Chicken lettuce tortilla wrap</li> <li>• Low fat home made fruit yoghurt</li> </ul> 	<ul style="list-style-type: none"> <li>• Whole wheat pasta with chicken or vegetables with tomato sauce and some low fat cheese</li> <li>• Orange juice</li> </ul> 	<ul style="list-style-type: none"> <li>• Small pita bread sandwich with tuna and corn</li> <li>• Fresh orange juice</li> </ul> 	<ul style="list-style-type: none"> <li>• Steamed rice and lightly sautéed mix vegetables or chicken</li> <li>• 1 med apple</li> <li>• Lemonade</li> </ul> 

## SNACKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> <li>• Baby carrots and hummus</li> </ul> 	<ul style="list-style-type: none"> <li>• Low fat yogurt with fresh cut fruits</li> <li>• Some raw nuts</li> </ul> 	<ul style="list-style-type: none"> <li>• Small zip bag of home made popcorn</li> </ul> 	<ul style="list-style-type: none"> <li>• Mixed raw nuts with dried fruits</li> </ul> 	<ul style="list-style-type: none"> <li>• Whole grain crackers + bean dip</li> </ul> 