

What is allowed in your lunch box: ✓

A sandwich, pitta pocket, wrap etc which must have a healthy filling

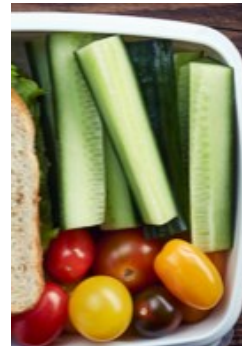
Portion of vegetables – cucumber, tomatoes, chopped peppers

Reduced fat cheese

pasta salads



Soup in a flask



A piece of fruit or fruit salad

Healthy Snacks

- *Cheese and crackers
- *Pretzels-small amount
- *Rice cakes
- *bread sticks and low fat dips
- Low fat and sugar free yoghurts or fromage frais
- *Malt loaf



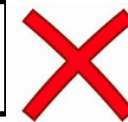
Water

milk

juice with no added sugar



What is not allowed in your lunch box:



Drinks with too much sugar



Take away food-
High in fat and salt



Items with too much salt and sugar



Friday only foods:



1 packet only -average size not large family

or



Cereal bar

or



cake

No chocolate items –
on any day (Spread, cakes,
bars, yoghurts)



Foods which are not following the policy will not be allowed to be eaten in school.