

## Lunchbox checklist

Following our successful Healthy Schools Award, we do not allow any fizzy drinks or any sweets to be eaten at lunch time. The following list explains which foods are allowed and not allowed.

	
 <p>Sandwich - eg. meat/cheese/tuna</p>	 <p>Chocolate Bars</p>
 <p>Yoghurt</p>	 <p>Fizzy drinks</p>
 <p>A piece of fresh fruit</p>	 <p>Sweets</p>
 <p><b>One</b> piece of cake</p> <p>or</p>  <p><b>One</b> Chocolate biscuit</p>	
 <p>A drink</p> <p>or water will be provided by school</p>	

Children should only have fresh water in their class water bottles. Flavoured water or squash are not allowed in the classroom.

Thank you for your support.