








What is a Healthy Snack in your lunch box?



YOU MUST NOT SEND IN ANY ITEMS THAT CONTAIN NUTS

NO - Packs of nuts, peanut butter sandwiches/rolls/wraps, chocolate spread sandwiches/rolls/wraps, fruit and cereal bars that contain nuts, chocolate bars or sweets that contain nuts, sesame seed rolls, cakes made with nuts

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| <p>There is no limit on the amount of these that you can have in your lunchbox</p>  | <p>You should only have <i>one</i> of these in your healthy lunch box</p>  |
| <p>Fruit</p> <p>Fresh cheese</p> <p>Rice cakes</p> <p>Sandwiches</p> <p>Vegetables</p> <p>Yoghurt</p> | <p>Crisps </p> <p>Cheese strings </p> <p>Biscuits </p> <p>Cereal bars </p> <p>Peperami </p> <p>Cakes</p> |

We have always stated that chocolate, sweets and drinks other than water should not be included in lunch boxes

