



BREAK AND LUNCH FOOD ITEMS

It is important that children bring in food items to eat at break and lunch that are consistent with our Healthy Eating policy.

Break

Children should bring one item of food, preferably a piece of fruit, vegetable or a small sandwich, to be eaten for break time. Please do not send your child in with more than one item.

Lunch

The Term 1 Dinner Menu has already been shared with parents/ guardians but we are sharing it again to ensure that you have it for the term ahead:

https://storage.googleapis.com/siteassetsswd/230/docletter/20230830044051_10_SJB_Dinner_Menu_for_23_24_term_1.pdf

We would ask that a healthy lunch is provided for children not attending dinners daily. As a rule, children are permitted only one treat at lunch time in the form of a packet of crisps, biscuit or a chocolate bar. As a nut free school, it is absolutely essential that **no child is sent to school with any item containing nuts.**

With this in mind, in the event of a parent wanting to send their child to school with a chocolate bar, they must ensure that this does not contain any traces of nuts (this information will be clearly identifiable on the wrapping.)

Please remember that a bottle of water should be sent in daily with every child & that children **should not** be sent to school with juice or fizzy drinks.