

# LUNCHES

**Yes**

**Avoid**

**Never**

Bread/scones/wraps/pitta etc.	Sweets	Lollipops
Plain cake/buns	Cake/Buns with chocolate	Chewing Gum
Sandwiches	Chocolate and chocolate spreads	Prime drinks
Pasta	Crisps	
Rice Cakes plain/yogurt coating	Biscuits	
Cereal Bars	Fruit Winders	
Crackers	Fizzy drinks	
Fruit	Yogurt types with sweets in corner	
Vegetables		
Healthy yogurt options		
Water		
Juice		
Milk		
Cheese		

- Our School Dental Service strongly advise against the use of diluted squash, cordials etc and promote water/milk as a suitable drink for school. We ae asked to advise you of this. We suggest that you use your own discretion here.
- We are a **Green School**, parents are asked to use refillable/reusable bottles for children's drinks at school to cut down on recycling. We also ask that reusable cartons/lunch boxes are used and tin foil sparingly.