**School Lunches**

Callystown National School has a Healthy Eating Policy. At the school we aim to help the children to develop a responsible attitude to eating and an appreciation of the contribution that good food makes to a healthy life. An integral part of this policy is what your child brings to school for his/her lunch. In order to help with healthy lunches please take note of the information below.

As part of our Healthy Eating Policy we would be grateful if you would take time to read the following information on school lunches.

**Morning Break**

Pupils should bring **one** piece of fruit (of suitable size and diced or peeled if necessary) for morning break.

The pupils will eat this fruit in the school yard and are asked to put cores or skins into the bins provided.

**Lunch**

**Drinks**: Water, milk, diluted squashes

 **Also** (but not for infant classes)

 Fruit drink cartons (not Capri Sun), Actimels and other yoghurt drinks,

**Sandwiches**: which can include bread, crackers, roll, pitta bread, wraps or rice cakes.

**Spreads**: Butter, margarine, jam and mayonnaise. (No Nutella or peanut butter as there are a

 number of children with serious allergies to these products.)

**Dairy**: Cheese and yoghurt. No Frubes.

**All Fruit, Vegetables and Salad**

**Soup**

**What is not allowed:**  Bars, biscuits, buns, cakes, cereal bars, and chocolate of any sort on anything, crisps, nuts, fruit winders, chewing gum and fizzy drinks.

**Portions**: Please send suitable and sensible quantities of food with your child. Pupils will have approximately 10 mins to eat their lunch.