



## LUNCHES!

Every day is a healthy lunch day.

Healthy lunches are delivered for each child to our school every morning. Your child will receive a bottle of water, a snack, and a lunch option of a sandwich / crackers & cheese / pasta. Children can also have a bun & milk at their small break each day if they wish.

This lunch is free to every child in the school. You can fill in a menu choice and hand it to the teacher or go online to make your choices. We will set up the online profile for your child in September and share the individual login details with you so that you can change the order as often as you like.

If your child has allergies or any special dietary requirement you can supply your own lunch.

Only healthy snacks will be allowed e.g., fruit, vegetable snack, water, breadsticks, crackers etc.

No chocolate, sweets, chewing gum, crisps, popcorn, lollipops, peanuts, or fizzy drinks allowed.

## Lunches for junior and senior infants

You can order free lunches for school and not have the hassle of making lunches yourself if you want. There are lots of options and you can change the order as often as you like.

### Food we love to see in school

Still water

Ham/cheese/turkey/salad sandwiches

Plain crackers

Fruit

Fruit yoghurt

Vegetable sticks

Dried fruit

Rice cake

### Food for after school

Fizzy flavoured water

Rice Krispie squares

Chocolate yoghurt

Yoghurt with chocolate corners/balls

Breakfast bars/cereal bars

Biscuits/cookies

Fizzy drinks

Dairylea/any kind of lunchables

Sweets/chocolate of any kind

Chocolate spread sandwiches/crackers

Crisps of any kind

Chewing gum

Juice boxes

Smoothie drinks

Capri Suns/MiWadi fruit shots

Milky Way yoghurt

Anything in glass bottles

Bags of breakfast cereal