



Lucan CNS Healthy Lunch Policy – Menu

Your diet is a bank account. Good food choices are good investments!

The following is our lunch guide. In ensuring our children work to their optimum, a healthy diet is imperative. By following the guide underneath, we can also ensure that children who have severe and life-threatening allergies are kept safe at all times in our care.

The following is divided up into First and Second lunch breaks. The following is a guide. You may choose other types of fruit that may not be listed. Also attached is a list of different websites you can research for ideas for your child's lunch.

First Break

Your child's small lunch should consist of one of the following:

- Fruit. All fruits are fine. Please ensure though that apples, oranges and other fruits your child asks to be peeled/chopped up at home, is done so before coming to school. **Please note, fruit winders do not count as fruits and are not allowed.**
- Cheese strings and plain sliced/cut cheeses are acceptable for this break. **Cheese Dunkers are not acceptable, due to the biscuit content of them and there are a few various forms containing traces of nuts of the product around.**
- Frubes (yogurt) sachets are acceptable. Yogurt cartons with spoons can be cumbersome for your child and take too long to eat.
- Plain rice-cakes only.
- **No cereal bars of any kind.**

Second Break:

- Cheese/ ham / Hummus / Jam etc. on crackers
- Sandwich with ham/ cheese/ salad – Either plain/with butter. **No Nutella or chocolate spread of any description, No Peanut butter. No Eggs. No honey. No maple syrup.**
- Chopped carrots/cucumbers / vegetables.
- Cheese Strings/ cheese
- Frube
- Fruit.
- Plain rice cakes only.

Please ensure your child brings **water only** to school. A refillable flask will last the year and is environmentally friendly and less costly. Please refrain from the carton juices, and other fruit

juices that are on sale. Our children will drink the water if given to them and they will be encouraged to do so by the teacher.

Other ideas for lunches can be found here also:

<https://www.bbcgoodfood.com/howto/guide/healthy-lunches-for-kids>

<http://www.bonappetit.com/recipes/family-meals/slideshow/30-quick-easy-school-lunches-pack-kids>

<http://www.parents.com/recipes/familyrecipes/lunch/celebrity-chef-kid-lunches/>