

LUCAN CNS HEALTHY EATING

FOR LUNCH, PUPILS MAY EAT THE FOLLOWING FOODS:



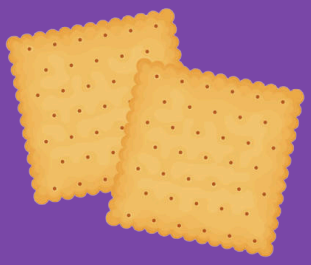
FRUIT AND VEGETABLES



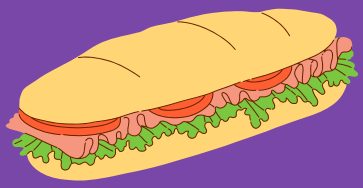
YOGHURTS



CHEESE



CRACKERS



SANDWICHES/ WRAPS



RICE CAKES



HUMMUS



POPCORN

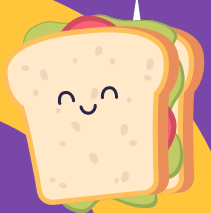
DRINKS ALLOWED:

only





PLEASE BRING A REFILLABLE BOTTLE OF WATER TO SCHOOL.



THE FOLLOWING FOODS AND DRINKS ARE NOT ALLOWED:

FIZZY DRINKS/ SODA/ ENERGY DRINKS, JUICE, JELLIES, SWEETS, BISCUITS, CHOCOLATE AND CHOCOLATE SPREAD, EGGS, NUTS AND CEREAL BARS, HONEY, MAPLE SYRUP, ANY HIGH SUGAR FOODS.



