**Packed Lunches**

**These items are great for a packed lunch:**

* Sandwich, Roll, Wrap or Pitta
* Pasta or Rice with salad
* Fruit or vegetable sticks
* Yoghurt or sugar free jelly
* Water or sugar free juice
* Cheese

**These items are not allowed:**

* Nuts or seeds
* Nutella or any product containing nuts
* Fizzy Drinks
* Sweets and Chocolate
* Sports drinks

**KS2 children should only be bringing fruit or vegetable sticks or nut free cereal bars for break time no other snacks are allowed.**