

What is included in a healthy break for school?

	Suitable	Not suitable
Drinks	plain water milk (whole, semi-skimmed, skimmed)	fruit juice Squash (even low sugar) fizzy drinks of any kind (even diet drinks) Smoothies
fruit and veg	all fresh fruit and vegetables tins of fruit in juice (not syrup)	Dried fruit e.g. raisins Fruit in syrup or sugar
bread	white/brown/wholemeal bread, rolls, baguette, plain bagels, wheaten, soda, potato bread, pitta bread margarine, low-fat spread, butter bread sticks, crackers, crisp bread any non-sugary sandwich filling e.g. salad, chicken, meat, tuna, cheese, egg	pancakes, scones, cereal bars, fruit bread, malt bread, brioche, biscuits, croissants, cake, buns peanut butter, jam, honey, chocolate spread, marmalade Tuc, Ritz crackers
other	non-processed cheese e.g cheddar Hard boiled egg plain yoghurt A small portion of non-salted nuts (except in circumstances where another pupil or member of staff has an allergy)	cheese slice, cheese strings any processed cheese any flavoured yoghurt, even low-sugar or low-fat Custard, sweetened rice chocolate bars, sweets Salted peanuts Crisps Jelly Cured meat e.g. pepperoni

Please note: even if your child is not bringing a healthy break, fizzy drinks are not allowed in school at any time.