



## BREAK AND LUNCH FOOD ITEMS

It is important that children bring in food items to eat at break and lunch that are consistent with our Healthy Eating policy.

### Break

Children should bring one item of food, preferably a piece of fruit or vegetable or a small sandwich, to be eaten for break time.

### Lunch

The Term 2 Dinner Menu has already been shared with parents/ guardians but we are sharing it again to ensure that you have it for the term ahead:

<https://www.stjohnthebaptistsps.co.uk/cmsfiles/items/downloads/Term22223DinnerMenu.pdf>

We would ask that a healthy lunch is provided for children not attending dinners daily. As a rule, children are permitted only one treat at lunch time in the form of a packet of crisps, biscuit or a chocolate bar. As a nut free school, it is absolutely essential that **no child is sent to school with any item containing nuts.**

With this in mind, in the event of a parent wanting to send their child to school with a chocolate bar, they must ensure that this does not contain any traces of nuts (this information will be clearly identifiable on the wrapping.)

Please remember that a bottle of water should be sent in daily with every child & that children **should not** be sent to school with juice or fizzy drinks.

### Free Dinner Registration

Parents who believe that their child could be entitled to free school meals should click on the link below to register your child for free school meals.

<https://www.eani.org.uk/financial-help/free-school-meals-uniform-grants/apply-for-free-school-meals-uniform-grants>