

School Lunch Policy

The teachers and principal of Kingsland N.S. in conjunction with the Board of Management and parents have formulated this policy. As a health promoting school we request that all children bring a healthy packed lunch to school. A lunch shall consist of the following;

- Breads & Sandwiches including all spreads, meats, salads and fish as fillings.
- Fruit (Dried and fresh) and nuts including apples oranges, grapes, bananas, raisins etc. If sending large fruits with infants please have them pre-cut into sections as this makes it much easier to manage.
- Dairy products - cheese and yogurt.
- Salads including meat, pasta, potato, rice.
- Popcorn
- Crackers and biscuits (no chocolate)
- Cereal bars (without chocolate)
- Plain Buns
- Fruit Muffins
- No sausage rolls
- No 'Nut' Products (Children with Nut allergy in school)

Drinks shall consist of the following;

- Milk and yogurt drinks.
- Water.
- Fruit drinks and diluted fruit drinks. (NO FIZZY DRINKS ALLOWED ON ANY DAY)
- Tea
- Soup

In the interest of children's safety no aluminium cans or glass bottles are allowed. We encourage the use of recyclable cartons and reusable plastic bottles and flask.

Note: Junk food does not conform to the fostering of healthy lifestyles and hence is not to be brought to school. We ask for parents' co-operation in insuring that all pupils adhere to the above policy. Pupils who fail to adhere to our policy will be sanctioned as per our code of behaviour. It has been agreed by Parents that **Two Treats** would be allowed on Fridays (One for each break). **No Fizzy Drinks allowed** or **No Chewing Gum Allowed in School.**

Signed: ___David Murphy ___(Principal)