



Snack and Lunch Guidelines

GREEN	ORANGE	RED
These are food items we love to see	Only one of these permitted per day	These items are not allowed at school until permission is given
✓	✓	✗
Cheeses Cheese Dippers Fruit Vegetables Melrose cheese wedges Laughing cow cheese wedges Sandwiches (no chocolate spreads or jam) Nuts Plain Popcorn Biltong, dried sausage Raisins Provitas Rice Cakes Cold Meats Dried Fruit (not sugar coated) Health Rusks Boiled egg Yogurt tubs Water	Lays lightly salted Pretzels (Salted only) Bran or Health Muffins	Any Dippers (Chocolate or fruit flavorings) Chips Energy bars Breakfast bars Sweets (Super C's) Doughnuts Cakes Flavoured water Cool drinks Milkshakes(Milo) Hot Chocolate Mebos Pies Chocolate Muffins 2 Minute Noodles

