Scoil Bhride, St. Brigid’s N.S.

Crochta na Greine, Suncroft,

Currach, Curragh,

Co. Cill Dara. Co.Kildare.

Guthan: 045/441041 Phone: 045/441041

Fax: 045/442417 Fax: 045/442417

Principal: Deputy Principal:

Mr. John Goff Ms. Louise Carroll

 Roll Number: 18031k

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**Policy No: 36 HEALTHY EATING POLICY Rev: 3**

Suncroft National School encourages parents to give nourishing lunches to their children.

We ask parents to give their children a lunch that will endeavour to promote healthy teeth and bones and a calm, well nourished body and mind.

The following is a list to clarify what is and is not an acceptable Healthy Lunch:

**Allowed** **Not Allowed**

Any and all types of sandwiches Sweets/lollies

Crackers Cakes/buns/muffins

All fruit Chocolate coated bars/biscuits

Popcorn Crisps of all types

Cereal bars Cereal bars with sweets embedded in Rice cakes them

Cereal in a container

Cheese

Cold meats/fish

Yoghurts/Frubes

Plain biscuits e.g.

Digestive/Rich Tea

Croissants

Salads/Pasta

**Beverages Beverages**

Water All fizzy drinks

Juices/Milk All isotonic/energy drinks

Dilutes squashes

Actimel Drinks