

## Healthy Lunch Policy

## Gaelscoil Chill Mhantáin

The aim of our policy is to develop positive and responsible attitudes towards eating and to familiarize children with the value of exercise.

The successful introduction, implementation and maintenance of our Healthy Lunch Policy depends totally on a Whole School Initiative – Children, Parents and Staff.

Our Policy is as follows:

**Monday, Tuesday, Wednesday, Thursday**

**-Healthy Lunch only**

**Friday**

**-Healthy Lunch plus one treat.**

**Healthy Lunch – (options)**

Sandwiches ( Wholemeal bread where possible)  
Rolls  
Crackers  
Cheese  
Pasta  
Salad  
Fruit  
Popcorn  
Yogurts  
Yogurt drinks

No Crips , bars, biscuits, sweets, cakes, chocolate or fizzy drinks allowed **Monday to Thursday**

One treat only allowed on **Friday** – One bar or cake etc.

**No Crips or fizzy drinks allowed Monday to Friday.**

**No nuts are allowed in school as some children may have allergies to them.**

There will be a few occasions such as Christmas Party or End of Year party etc. where exceptions will be made.

Created	
Reviewed	December 2014
Due to be reviewed	December 2018