

BOOTERSTOWN NATIONAL SCHOOL
Cross Ave, Blackrock, Co. Dublin

HEALTHY SCHOOL LUNCHES POLICY

In line with our aim of promoting health in our school, we have a healthy school lunch policy.

AIM

The aim of our healthy school lunch policy is to encourage eating habits which are:

- Low in fat
- High in fibre
- Low in sugar
- Low in salt

REGULAR CHOICES

For healthier school lunches, choose the following foods regularly:

- Milk, cheese and yoghurt (low fat choices frequently)
- Fish, chicken, lean meat or eggs
- Fresh fruit and vegetables
- Wholegrain bread
- Low fat butter or low fat spread

TREAT FOODS

Treat foods are limited to **ONE** per week on a **Friday** – **No** Fizzy Drinks or glass bottles allowed on any day.

N.B – Please note that **Nut** foods of any type are **NOT** allowed in school.