



Scoil Oilibhéir - HEALTHY LUNCH POLICY

From the beginning of Junior Infants, we emphasise to parents – both in our brochure and at preparatory meetings - the need to provide nutritional lunches for their children.

For example,

- Sandwiches,
- Cheese and crackers,
- Fruit,
- Dried fruit
- Popcorn,

Recommended drinks,

- Milk,
- Fruit juice,
- Water,

We make it clear that the following are not allowed:

- Nuts,
- Sweets,
- Chocolate and chocolate related products,
- Fizzy drinks,
- High energy drinks, e.g. Lucozade Sport,
- Chewing gum,
- Crisps ,
- Crisp related products