



HEALTHY EATING

At Star of the Sea

Recess, Lunch & Snacks

RECOMMENDED

Fruit
Vegetables
Salad Sandwiches / roll
Yoghurt
Cheese roll / sandwich
Cheese
Plain popcorn
Water
Eggs
Meat roll
Pasta
Rice crackers (low salt)
Scones & muffins (fruit only)
Pikelets
Cruskits / Vita wheats
Dried fruit mix
Crispbreads eg. Ryvita
Spreads eg. Jam, honey
Vegemite (no nut spreads)

NOT PERMITTED

Soft Drink
Lollies
Chocolate
Juice Boxes
Chips
Chocolate chips
Muesli bars
Cakes
Biscuits
Icing
Cordial

Any items that is high in sugars and salts.
Any type of nut - we are a nut aware school

Please support our WASTE WISE initiative

- Using reusable containers
- Using recyclable wrapping
- Packaging and plastic wrapping will be sent home