

## **Tuck List**

### **Permissible Tuck**

Children may bring healthy tuck for morning and afternoon breaks.

Children are issued with a free water bottle donated by our Parents Association when they join the School. Replacement bottles can be purchased for £2.50 each from the School Office.

### **Monday - Thursday**

Fresh Fruit

Fresh Vegetables

Plain Bread Sticks

Unsweetened Breakfast Cereal

Plain Milk

Plain/Flavoured Yoghurt or Fromage Frais

Plain Biscuits, such as Rich Tea, Digestive or Oat

Rice cakes

### **Friday**

Any food providing it is sensible

### **N.B.**

(No fizzy drinks or anything containing nuts, sesame seeds, kiwi fruit or strawberries and any sweets on any day please)