

Suggested Healthy Snacks for Break Time

Fruit—fresh or dried

Raw vegetables e.g. Carrot sticks, pepper strips, cucumber slices, celery

Small portion of cheese

Breadsticks / Rice cakes

Small box or bag of dried fruit (**NOT NUTS please because of allergies**)

Malt loaf

Teacake

Fruited buns / Hot crossed buns

Small sandwiches (**Not chocolate spread**)

Bran/Wholemeal English muffin

Fruited cereal bars (**NOT 'CHOCOLATE CONTAINING' or 'BREAKFAST CEREAL BARS, NO NUTS**)

Oatcakes

Mini pitta breads

Bagel

NO FRUIT WINDERS OR STRINGS

NO NUTS