

Healthy Lunches

@NDMNS



North Dublin Muslim NS has a healthy eating policy which highlights the importance of a healthy and balanced diet and encourages children to make healthy eating choices.

We have outlined below examples of what could be eaten in order to help you prepare your children's lunches:

Every Day:

- Fruit
- Sandwiches
- Pasta
- Crackers
- Vegetables
- Rice cakes
- Yoghurt
- Yoghurt drinks
- Rice dishes
- Rolls
- Salad

Fridays – Children may bring one small snack:

- A portion of biscuits*
- A small chocolate bar*
- A small packet of crisps
- Chocolate spread*
- Popcorn
- Cereal bar*
- A small packet of sweets

Never – these foods should not be brought to school on any day:

- Tubs of Pringles
- Entire packets of biscuits
- Large packets of sweets
- Fast Food
- Large packs of Doritos, etc.
- Large chocolate bars
- Fizzy/Energy drinks
- Chewing gum

* Due to allergy concerns, nuts or food containing nuts should never be brought to school.