



Knockmahon N.S. Healthy Lunch Policy



Monday to Thursday Lunches from the “recommended” list of foods

Friday Treat Day – 1 or 2 items from the “not recommended” list.

Do you know that Healthy Lunches:

- ✓ Help concentration and learning.
- ✓ Improve overall health and well-being.
- ✓ Mean better teeth.
- ✓ Promote a balanced diet.
- ✓ Mean less litter.
- ✓ Are less expensive.



Recommended for Lunch

- 🍎 Sandwich, Roll, Bread, Crackers
- 🍎 Fruit, Vegetables
- 🍎 Milk, Water, Soup, Pure fruit juice
- 🍎 Scones, Plain buns, Brack
- 🍎 Yogurt, Fromage Frais, Yogurt Drinks, Cheese



**Eat Good
&
Feel Good**



Not recommended for Lunch

Sweets, Bars, Chocolate

