



HEALTHY EATING AT HORNBEAM

*Pupils should be having healthy snacks at
breaktimes, these include:*

Bread Sticks	Fruit, Grapes (Cut in two)
Plain Pretzels	Baby or Normal Carrots
Banana Bread	Cucumber Slices
Malt Loaf	Rice Cakes
Oat Cakes	Cereal Bars
Pitta Bread	Celery Sticks
Plain Crackers	Fruit Bars
Homemade Snack - Flapjacks or other oat/grain based snacks, these MUST be nut free.	

No chocolate bars, cakes or crisps

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