



Norfolk House School Healthy Snack List

Morning Break

Prohibited food items

- ⊘ ALL Nuts & Seeds (including Sesame Seeds)
- ⊘ Snacks containing nuts or seeds
- ⊘ Sweets or chocolate
- ⊘ Cereals
- ⊘ Snack bars
- ⊘ Fizzy drinks
- ⊘ Cakes/Biscuits
- ⊘ Sandwiches/wraps
- ⊘ Crisps
- ⊘ Rice cakes



Snacks we allow:

- ✓ All fruits (Please make sure to cut grapes in half, length ways)
- ✓ Vegetables
- ✓ Breadsticks

