



## **Amphitheatre Primary School-**

### Healthy Eating Policy

#### **Fruit Snack- 10am**

Each day we ask our students to bring a fresh vegetable or fruit snack for 10am.

#### **Recess- 11am**

Our students eat 1 or 2 small snacks outside of the classroom. Some suggestions;

- Fruit muffin/ cupcake
- Muesli bar
- Yoghurt
- Carrot sticks
- Biscuits and dip
- Other

#### **Lunch- 1pm**

Our students eat lunch outside of the classroom at the lunch tables under the veranda. Some suggestions;

- Sandwich
- Heat up leftovers
- Rice Cracker/Salada with Vegemite and cheese
- Cold meat and salad
- Wrap (meat and salad)
- Sushi

