

Healthy Snacks to pack for School

- Sandwiches (white or brown bread) or Rolls
- Any fruit (Apples, Grapes, Strawberries, Bananas, Peaches, Oranges, Watermelon, etc.)
- Vegetables (Carrots, Cucumber, small Tomatoes)
- Rice Cakes
- Pretzels
- Salty Cracks
- Good Morning Breakfast Biscuits
- Mini Cheddars
- Plain Popcorn (only Salty)
- Biltong
- Droëwors
- Dried Fruit
- Fruit Sticks
- Cheese triangles
- Cheese sticks
- Cheese grated
- Yoghurt

Friday's

- Anything: Small Sweets
- Chocolates
- Chips
- Custard
- Caramel Popcorn
- Marie and Tennis biscuits

Please do not send sugar coated or chocolate flavoured breakfast cereal.

Please remember that NO Fizzy drinks are allowed.