

Polasaí Lón Sláintiúil

Is cuid de churaclam na scoile é an tOideachas Sláinte agus molaimid do pháistí roghanna sláintiúla a déanamh maidir le bia, mar chuid de shaol sláintiúil.

Is é atá i gceist againn le lón fólláin ná:

- Arán nó a mhacasamhail
- Líonadh le cáis, uibheacha, iasc, sailéid nó feoil
- Torthaí/glasraí
- Anraith
- Pasta
- Deoch – uisce, bainne, sú torthaí
- Iógairt
- Is féidir rud milis atá déanta sa bhaile a thabhairt isteach ar an Aoine.

Ní cheadaítear na rudaí seo a leanas:

- Milseáin, seacláid ná criospaí
- Deochanna coipiúla ná buidéal ghloine
- **Cnónna ná bia ina bhfuil cnónna**
- Guma coganta

Ní cheadaítear do dhalta a bheith ag roinnt lóna lena chéile, ar chúiseanna sláinte.

Ba chóir do pháistí aon bhruscar atá acu ón lón a thabhairt abhaile leo agus an seomra ranga a choinneáil deas glan.

Healthy Lunch Policy

Health Education is part of the curriculum and in Lios na nÓg we encourage children to make healthy choices in relation to food, thus promoting a healthy lifestyle.

Healthy lunch options:

- Bread, scones, pitta bread etc
- Fillings such as cheese, eggs, fish, salad or meat
- Soup
- Pasta
- Fruit/vegetables
- Drinks such as water, milk or fruit juice
- Yoghurt
- A homemade treat can be brought in on Fridays

The following are not allowed:

- Sweets, chocolate or crisps
- Fizzy drinks or glass bottles
- **Nuts or any food containing nuts**
- Chewing gum

For health and safety reasons, children are not allowed to share lunches.

Children should bring any uneaten lunch home in their lunchbox, so as to keep the classroom clean.