



## Prep Healthy Snack List Morning Break

These are **NOT** allowed:

- **Nuts**
- **Kiwi**
- **Chocolate / chocolate bars**
- **Raw tomato**
- **Blueberries**
- **Grapes**
- **Crisps**
- **Sesame seed snacks**
- **Breakfast cereals**
- **Sweets**

The following are allowed:

- Sliced fruit (except those above)
- Vegetable sticks (e.g. carrot, cucumber or celery)
- Sandwich on **non-seeded** bread (e.g. cheese, chicken, seedless jam)
- **Non-seeded** bread and butter
- Bread sticks
- Rice or corn cakes
- **Plain** biscuit (e.g. Rich Tea or Digestive)
- Cheese (e.g. Cheddar or Dairylea)
- **Plain** crackers

