








# Break Time Snacks



At Bowdon Church School we welcome the following for snacks at breaktime:

<p><b>Fruit/ Vegetables</b></p>	 
<p><b>Dried fruit</b></p>	 
<p><b>Plain rice cakes</b></p>	
<p><b>Bread and butter</b></p>	
<p><b>Breadsticks</b></p>	
<p><b>Malt loaf</b></p>	
<p><b>Plain crackers</b></p>	

The following snacks are not permitted. If they do come into school for a breaktime snack, we will ask the children to return them to their bag. If we have some school fruit available, we will offer them a piece.

<p><b>biscuits/cake</b></p>	
<p><b>Crisps/nuts</b></p>	
<p><b>Peperami</b></p>	
<p><b>Cheese Strings</b></p>	
<p><b>Chocolate/sweets</b></p>	
<p><b>Sugary cereal bars</b></p>	