



LUNCH BOXES / KOSBLIK

The following foods are **NOT** allowed at Bana:

- Cool drink or Milk – We only drink **WATER!**
- Any cake/biscuits
- Tinkies
- Chocolate/sweets
- Any kind of chips
- Ultra Mell custard
- Sweetened breakfast bars
- Sugar coated dried fruit
- Peanuts (for allergies)

We want to encourage you to keep the following 4 food groups in mind when packing a lunchbox.

Protein	Eggs, Chicken, Cold meat, Mince, Tuna, Sausage, Nuts, Biltong, Droëwors Cheese, Yoghurt
Carbohydrates	Whole wheat bread, Pita bread, Provitas, Wraps, Pasta, Potatoes, Healthy muffins
Fruit	Oranges, tangerines, Strawberries, Blue berries, Bananas, Apples, Grapes, Pineapple, Melons, Kiwi fruit, Watermelon, Peaches, Apricots, Grapes
Vegetables	Cherry tomatoes, Cucumber, Broccoli, Corn, Peas, Carrots, Lettuce

Please remember to pack in a spoon or fork. Cut the fruit so that its ready to eat and the teacher do not have to help 20 children peeling their fruit.

NB: It is also important to prevent suffocation.

Remember on Friday we have tuck-shop! Then we enjoy something sweet! Bring a 2L ice cream container on the day and mark it with your name; you can even decorate. Put all your treats in there. Put your money also inside the bucket. (R15-R20)