

SPARK Schools Healthy Lunch & Snacks

“Why is it important for scholars to eat healthily?” you might ask.

Research has shown that children can learn better when they're well-nourished, and **eating healthy meals has been linked to higher marks, improved memory and alertness, and faster information processing.** Therefore we encourage our parents to partner with us to provide our scholars with healthy food to fuel their learning.

The items on our list below are simply suggested, and neither mandatory nor constitute a complete list. We also aim to ensure that, in line with our ethos of affordability, we are respectful of what families can afford and access. Our approach for any items in question is to connect with your school directly.

Lunch Suggestions

Sandwiches, preferably on brown or whole-grain bread	Fish fingers	Noodles	Pasta dishes	Rice	Salads	Tuna
Vegetables (grilled or roasted)	Eggs (boiled)	Hot dogs	Chicken, Lean Beef or mince dishes	Falafel balls	Wraps	Soup

Snack Suggestions

Fresh or dried fruit , (examples: apples, bananas, mandarin, oranges, watermelon, pineapple, grapes, nectarines, peaches, apricots, strawberries, berries, pears, etc.)	Vegetables , (examples: corn cobs, carrot sticks, capsicum sticks, green beans, cucumber sticks, snow peas, tomatoes, etc.)	Cheese , (examples: cheese cubes, sticks or slices, cottage or ricotta cheese and cream cheese)	Crackers or crispbreads
Muffins , (examples: bran/savoury)	Yoghurt	Mini cheddars	Rice cakes
Popcorn	Biltong	Nuts	

Drinks

Non-Flavoured Milk or Water

*Biscuits, sweets (including chocolate spreads or muffins), and chips are **NOT** permitted.

*Juice, soda, flavoured water, milkshakes, and drinking yoghurt are **NOT** permitted at school.