

# Packed Lunch Snacks



Here's a handy list to see what's allowed in our packed lunches and what isn't. Remember to check the salt content as too much salt isn't healthy.



**This list is not exhaustive – remember, all baked crisps are fine but fried crisps must be less than 100 calories.**

Brand	Baked/ Popped	Fried	Calories (Approx)	Yes/ No
Small multipack bag				
Jacobs Cracker Crisps	√		117	Yes
Butterkist Popcorn	√		85	Yes
Mini Cheddars	√		129	Yes
Twiglets	√		99	Yes
Sun Bites	√		120	Yes
Frazzles	√		84	Yes
Space Raiders	√		63	Yes
Monster Munch	√		98	Yes
Snack A Jacks	√		78	Yes
Wotsits	√		82	Yes
Pop Chips	√		71	Yes
Propercorn	√		63	Yes
Pom Bears	√		65	Yes
Walkers Oven Baked	√		109	Yes
Skips		√	71	Yes
Wheat Crunchies		√	99	Yes
Quavers		√	86	Yes
Hula Hoops Puft		√	72	Yes
Squares		√	97	Yes
French Fries		√	78	Yes
Lentil Curls		√	93	Yes
Kettle Chips		√	150+	No
Discos		√	134+	No
McCoys		√	131	No
Walkers Max		√	144	No
Walkers Bugles		√	158	No
Tyrrells		√	160+	No
Walkers		√	120+	No
Sensations		√	140+	No
Hula Hoops		√	120+	No
Pringles		√	150+	No
Roysters		√	113	No
Nik Naks		√	113	No
Doritos		√	150	No



NB: Items on this list marked as baked were confirmed using manufacturers information. There may be others but, where this could not be confirmed, it is assumed they are fried.

