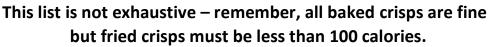
## **Packed Lunch Snacks**

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.















| Brand                 | Baked/ | Fried | Calories | Yes/ |
|-----------------------|--------|-------|----------|------|
| Small multipack bag   | Popped | Fileu | (Approx) | No   |
| Jacobs Cracker Crisps | ٧      |       | 117      | Yes  |
| Butterkist Popcorn    | ٧      |       | 85       | Yes  |
| Mini Cheddars         | ٧      |       | 129      | Yes  |
| Twiglets              | ٧      |       | 99       | Yes  |
| Sun Bites             | ٧      |       | 120      | Yes  |
| Frazzles              | ٧      |       | 84       | Yes  |
| Space Raiders         | ٧      |       | 63       | Yes  |
| Monster Munch         | ٧      |       | 98       | Yes  |
| Snack A Jacks         | ٧      |       | 78       | Yes  |
| Wotsits               | ٧      |       | 82       | Yes  |
| Pop Chips             | ٧      |       | 71       | Yes  |
| Propercorn            | ٧      |       | 63       | Yes  |
| Pom Bears             | ٧      |       | 65       | Yes  |
| Walkers Oven Baked    | ٧      |       | 109      | Yes  |
| Skips                 |        | ٧     | 71       | Yes  |
| Wheat Crunchies       |        | ٧     | 99       | Yes  |
| Quavers               |        | ٧     | 86       | Yes  |
| Hula Hoops Puft       |        | ٧     | 72       | Yes  |
| Squares               |        | ٧     | 97       | Yes  |
| French Fries          |        | ٧     | 78       | Yes  |
| Lentil Curls          |        | ٧     | 93       | Yes  |
| Kettle Chips          |        | ٧     | 150+     | No   |
| Discos                |        | ٧     | 134+     | No   |
| McCoys                |        | ٧     | 131      | No   |
| Walkers Max           |        | ٧     | 144      | No   |
| Walkers Bugles        |        | ٧     | 158      | No   |
| Tyrrells              |        | ٧     | 160+     | No   |
| Walkers               |        | ٧     | 120+     | No   |
| Sensations            |        | ٧     | 140+     | No   |
| Hula Hoops            |        | ٧     | 120+     | No   |
| Pringles              |        | ٧     | 150+     | No   |
| Roysters              |        | ٧     | 113      | No   |
| Nik Naks              |        | ٧     | 113      | No   |
| Doritos               |        | ٧     | 150      | No   |















