

Lunch

In order to promote good nutrition and child friendly lunches at our school, we are asking for some help. We want lunch to be healthy and enjoyable for our students. A nutritious lunch includes whole wheat grains, protein, fruit and vegetables and is limited in sugar and fat. A child successful lunch is one that is packaged in containers that their small hands can open and close, and is proportioned appropriately for their appetite and nutritional needs. Please include the necessary utensils (a spoon for applesauce or yogurt, a fork for macaroni and cheese, etc.) and a cloth napkin for your child to use during lunch.

Due to licensing regulations, we may not heat children's lunches. Warm food (such as soup, pasta or rice, etc.) may be packed in a thermos.

Here are a few examples of a nutritious, child friendly lunch:

A peanut butter and jelly sandwich
A small container of baby carrots
An apple or pear, diced or cubed

Cheese and crackers
A small container of grapes
Cucumber slices
Yogurt or applesauce

Spaghetti, Macaroni and Cheese or soup packed in a thermos
Celery sticks or snap peas
Berries

Slices of lunchmeat
Slices of cheese
A small container of cheerios or other dry cereal
Pineapple chunks
Baby carrots

We ask that you refrain from packing items such as lunchables, soda, candy, cookies, snack cakes or high sugar juice drinks.

Thank you!