



Lunch Food Policy

As a reminder of what was discussed at Parent Orientation and in the General Information Document
Below are the lunch guidelines for this school year:

Hello Friends,

Peanuts and Tree Nuts are not allowed to be eaten at school. Please check the packaging on granola bars and muffins especially as they often contain nuts. We have children in our school with severe-nut allergies that could be **life-threatening** so please remember to not pack these items in your child's lunch. Sun butter and soy butter alternatives work nicely as a substitute but please remember to *label the sandwich bag or container as "nut-free"* so there will be no confusion.

FYI If your child doesn't eat all their lunch, they are always welcome to finish eating it in the afternoon. When your child is done eating, we will send the leftovers home so you can see what was eaten at lunch.

In an effort to teach and instill healthy eating habits in our students, our school lunch policy is for children to eat their *protein first* then followed by their *fruit OR vegetable*. If they do not eat their fruit or vegetable, we usually don't let them eat anything else from their lunch. Most of the time what is left to eat is some kind of chips or dessert. Even though these aren't healthy replacements for protein, fruit or vegetables, children don't understand and are often upset to not get to finish their lunch or "goodies."

If your child comes without a fruit or vegetable, we will try to give them one but can't do this regularly because it creates a problem trying to have enough food for children's school snacks. If it is a regular thing for us to have to provide a fruit, vegetable or protein for your child, we will have to charge the *\$5 lunch replacement* fee each time. We gave your child: _____ since they didn't have a fruit/vegetable or protein.

Also, please remember no candy, fruit rollups, soda, juice, or GoGurts. GoGurts or yogurt in tubes are rarely eaten without spilling and the child spends a significant amount of time cleaning up rather than eating and can rarely clean it up on their own. This can be discouraging to a child and works against the independence we are trying to foster in them. FYI We have water out all day, and water and milk out at lunch time.

Thank you for your flexibility and patience in making this a fun and safe school year for all. We don't want parents to feel overwhelmed so here are some **examples** of what can be included in a safe & nutritious school lunch for all:

Proteins:		Fruit/Vegetables:		Carbs:	
Cheese Sticks	Beef Jerky	Apple	Broccoli	Beans*	
Cottage Cheese	Chicken Soup*	Banana	Carrots	Crackers	
Hummus	Chicken strips/nuggets*	Cantaloupe	Celery	Granola Bars	
Sunbutter	Lunchmeat	Grapes	Corn	Noodles*	
WOW Butter	Macaroni & cheese*	Watermelon	Cucumber	Pita bread	
Yogurt	Meatballs*		Green Beans	Popcorn	
	Pizza	Applesauce	Lettuce	Potato	
	Quesadilla	Dried Fruit	Sugar Snap Peas	Pretzels	
	Sausage (even breakfast)	Canned -100% fruit juice sweetened		Rice*	
	Tofu		*can be sent in a thermos		

If you have any questions or concerns, please feel free to contact Miss Sherry.