

LUNCH AND NUTRITION GUIDELINES

Please make sure we are aware of any food allergies or food restrictions your child may have.



As you know, students need to be well fed and rested every day to perform their best. Nutritious lunches are essential for efficient brain function.

We have found that children who eat nothing at lunchtime tend to have an energy and attention “crash” sometime later in the afternoon. This greatly influences the child’s ability to learn. While we understand it is difficult to eat with no appetite, we request that you send, at a minimum, a nutritious lite meal that your child enjoys, because every child will be **required** to have something nutritious (including a protein) to eat or drink before they can leave the lunch table. Essentially, we are requesting that in some form, or another, your child has some intake of calories from which to function in the afternoon.

If we can be of assistance in this area, please do not hesitate to give us a call.

Below is a list of foods and drinks that your child is permitted and not permitted to have at school.

PLEASE SEND A NUTRITIOUS SNACK FOR YOUR CHILD TO EAT AT THE MID-MORNING BREAK.

Beverages Allowed

Milk (**NO CHOCOLATE MILK**)
Bottled Water
Sparkling Water
100% Pure Fruit Juice
Nutritious Shakes

Beverages NOT Allowed

Soft Drinks of Any Kind
10% Fruit Drinks
Gatorade & other sports drinks
Tea or Coffee

Foods Allowed

Crackers, Pretzels, Chips
Pasta
Cheese, Yogurt
Salad
Nuts
Meats
Nutrition Bars
Eggs
Cereal w/ Natural Sweeteners
Fresh Veggies and Fruit
Canned Fruit (packed in water)

Foods NOT Allowed

Cookies (including Lunchables)
Candy (including Lunchables)
Jell-O, Pudding, Pop Tarts
Cake, Pie, Donuts
Foods with high sugar or chocolate content

Holiday Treats & Birthday Celebrations

The school will make an exception for types of treats on birthdays, holidays, and at school festivals. If there is a reason you would not like your child to participate, please let us know. Also, we recognize that birthday celebrations are a joyous time for one and all. Should your child wish to celebrate his/her birthday by bringing cupcakes or a special snack, please make arrangements with your child’s homeroom teacher regarding any dietary restrictions of the other students.