



Lunch Box Suggestions

We have put together a few suggestions for those occasions when you want to send a lunch to school. Our menu is nutritionally balanced and has been developed after serving lunch to children for over 20 years. The food children eat affects their learning and behavior, as well as their growth and development. Hungry children have difficulty concentrating on schoolwork and have a tendency to become restless and overactive. Please remember that we have milk, juice and water at school for snacks and lunch. Morning and afternoon snacks are provided at school. Hot foods sent in a thermos will be hot enough to eat at lunchtime. We are unable to heat foods at school so please be sure thermos items are heated sufficiently in the morning.

Please follow these guidelines when sending food to the center:

1. Because we do have children with serious allergic reactions to peanuts and peanut by-products, we ask that you DO NOT send in PEANUT BUTTER. We realize that peanut butter is a convenient food and has good nutritional value, but the risk that a child who is allergic will be exposed is one we take very seriously.
2. Send in the entrée and we will provide milk/juice, vegetables, bread/butter and dessert.
3. A small thermos with a wide mouth might be a good investment. It can be used to carry such things as chili, macaroni & cheese, beef stew, tomato and macaroni soup, chicken/rice, chicken noodle soup. (We are NOT able to heat foods prior to serving).
4. Sandwiches prepared the night before or in the morning before leaving for school should be safe to eat, if properly handled. Proper handling means good sanitation, adequate cooking and refrigeration.
5. If the food was properly handled at home with the sandwiches being chilled or frozen, it should be safe to eat at lunchtime at school, even if not refrigerated at school.
6. If you are sending cut fresh fruit such as bananas, apple wedges or peach halves, dip the cut part of the fruit in any type of citrus juice such as lemon, orange or grapefruit juice. This prevents the fruit from turning brown. Dipping fruit in salted water or vinegar will also prevent the fruit from turning brown.

7. All lunches must be clearly labeled with your child's name.

SOME IDEAS FOR HOME LUNCHES

Sandwiches

Ham & Cheese Sandwich
Chicken Salad Sandwich
Cream Cheese on a Bagel
Tuna Salad on Whole Wheat
Sliced Turkey Sandwich

Cheese Slices

Breads

Whole grain breads such as whole wheat, rye, and cracked wheat are best. If white bread is used, be sure it is enriched.

Raw Vegetables

Broccoli Florets	Cucumber Slices
Carrot Sticks	Green Pepper Wedges
Cauliflower Florets	Radishes
Celery Sticks	Small Tomatoes

Fruits

Apples	Melon Wedges
Bananas	Pears
Berries	Pineapple
Cherries	Plums
Grapefruit	Strawberries

*Canned fruits may be taken in bag lunch if put in tightly covered plastic container. Drain the sugary syrup.

Foods to Avoid

Please do not send these foods to school for lunch. Foods which should be avoided are those which contain excessive amounts of saturated fat, sugar or potentially harmful food additives such as in soft drinks, candy, jellied sugar doughnuts, potato chips, corn chips, sticky cakes, cookies or rich pastries. These foods have little or not nutritional value and are usually high in calories and cost.