

Lunch & Snack Policy

Our lunch/snack policy is designed to ensure that all of our students have a productive day by eating healthy foods.

The best nutrition advice to keep your child healthy includes encouraging them to:

- Eat a **variety** of foods
- Balance the food you eat with **physical activity**
- Choose a diet with plenty of grain products, vegetables and fruits
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars and salt
- Choose a diet that provides enough calcium and iron to meet their growing body's requirements.

Listed below are the lunch/snack guidelines. These foods are not allowed at lunch and/or for snack foods. These foods only serve as an obstacle and provide no nutritional value for your children.

1. Cookies or candy (candy must be removed from Lunchable lunches)
2. Any form of chocolate
3. Chips
4. Power drinks/Gatorade/Soda

If any of these items are brought to school, we will remove them from the child's lunch box and place them in a basket on the counter at the front desk, for the parents to take home.

We as a staff would like to work with you and your families in instilling healthy habits and a better opportunity for your child to eat more of their lunch. We feel this policy will help us to achieve this goal. We ask for your support in this policy, as it will help us ensure that your child is not only eating their entire lunch but also a healthy lunch that will attribute to their success throughout the day. If at any point you need help with lunch ideas, please feel free to reach out!