

## School Lunch Policy

1. Water will be available for drinking as a supplement to any beverage provided by parents. **PLEASE NOTE:** Licensing requires juices to be 100% and undiluted to meet the fruit/vegetable requirement. **Sweetened and sports-type drinks are highly discouraged.**
2. State law requires that lunches meet nutrition requirements, which include a serving of the following: protein, dairy, bread/grain, and vegetable/fruit (1 serving from each of the 4 food groups.  
**NOTE:** Yogurt cannot be both a dairy and a protein--it can only be counted once.)
3. Because of the number of children eating lunch, combined with time and space limitations, we cannot warm food in the microwave, nor can we refrigerate lunches.
4. Wide-mouthed thermos containers are recommended for hot foods. We also suggest small "freezer packs" for cold food.
5. Reusable containers will help reinforce our philosophy, "Reduce, Reuse, Recycle". Please avoid disposable plastics as much as possible.
6. Ensure your child's name is on all lunch boxes and containers.
7. **PLEASE DO NOT SEND CANDY OR GUM.**

This policy was established after much discussion and consideration regarding the needs of the children and complying with licensure and accreditation standards. We appreciate your cooperation.

