

Bag Lunch Guidelines

Food and Nutrition Services strive to promote a healthy nutrition environment in your child's cafeteria. We ask that parents are mindful of what is packed in lunches from home as certain items can cause distraction in the lunchroom.



Foods ENCOURAGED to be packed in a lunch from home:

Fresh fruits and vegetables:

Cutting and portioning fresh fruits and vegetables are a great way to encourage your child to eat and enjoy more fresh produce

Whole grains:

Whole grains versus enriched, processed grains will provide your child with fiber while keeping them full longer. Some examples of whole grains include whole grain sandwich bread, wraps, pita, crackers, pasta, and cereals.

Protein:

Examples include turkey, chicken, roast beef, ham, tuna, hard boiled eggs, Greek yogurt, and beans/legumes. For the safety of our students with allergies, we ask that you do NOT send your child to school with any peanuts or nut products.

Beverages:

Low fat milk, 100% fruit juice, or water can be packed from home or are available for purchase in your child's cafeteria.

Leftover meals:

Leftover home-prepared meals can provide a nutritious meal that your child will enjoy.

Foods that are NOT allowed in your child's cafeteria:

Peanuts and foods containing nuts:

Many students are sensitive or have life-threatening allergies to peanuts and nut products. Please do NOT send your child to school with foods containing nuts.

Candy:

Foods of minimal nutritional value can cause distractions in the cafeteria. We kindly ask that you save candy for after school.

Chips:

Many chips are high in saturated fats and sodium. Look for baked varieties or whole grain crackers instead.

Soda, Sweetened Beverages:

Sodas or sweetened beverages are typically high in sugar content with minimal nutritional value. These drinks can cause distractions in the cafeteria.

Fast Foods:

Please refrain from sending your child to school with fast foods. Fast food packaging and logos are prohibited in the cafeteria per USDA guidelines.

When packing your child's lunch from home, use ice packs or a thermos when appropriate in order to keep cold foods cold and hot foods hot.

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This institution is an equal opportunity provider.