



Snacks and Lunch Information

Each school day, your child will need a nutritionally balanced lunch brought from home in a lunch box with a cool-pack if necessary. Please try to avoid processed sugars and "junk food" as your child will benefit and learn better with a healthy lunch. You may also send your child with a drink, but again, please avoid sugary juices. Sodas are not allowed.

Water bottles are encouraged daily; however, there are also cups located at each sink for proper hydration throughout the day. Water bottles will be used at snack, lunch, after rest, at recess, and at any other point in the day when your child is thirsty.

Each classroom will handle snack differently. The teacher will send home information. Parents will be providing snack each day whether for their own child or by contributing to group snack. Please remember to send in healthy, child-friendly snacks, such as cheese sticks, fruit, yogurt, crackers, raisins, pretzels, cereal bars, applesauce, etc.

You are always welcome to send in treats for birthdays and/or celebrations! 😊