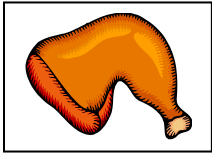
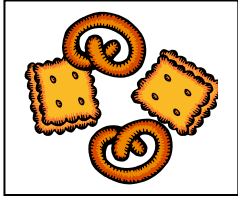
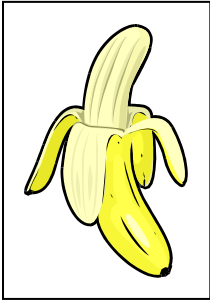
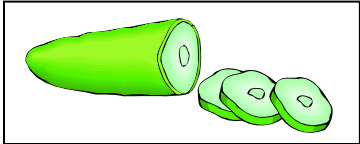


LUNCHBOX GUIDELINES



*Please follow these guidelines when preparing lunches for your child. Remember to pack food in a thermos to keep food hot or include an ice pack to keep food cold. Remember our program is a **NUT FREE ZONE***.*

Required Food Groups/Components:

Protein	Carbohydrate
<p>Meats/Meat Alternatives or Dairy:</p> <ul style="list-style-type: none"> • Lunch Meats (95%fat free) • Tuna • Hard Boiled Egg • Chicken (chunks or 1 piece) • Tofu or other soy products • Hummus • Beans • Soy Butter • Cheese (low-fat) <div style="text-align: right; margin-top: 10px;">  </div>	<p>Bread, Crackers, or Cereal:</p> <ul style="list-style-type: none"> • Whole wheat bread • Bagels • Tortillas or corn chips (unsalted) • Rice cakes • Bread sticks • Pita bread • Pasta • Rice • Potatoes • Couscous or Tabouli • Pretzel sticks <div style="text-align: right; margin-top: 10px;">  </div>
Fruit	Vegetable (Raw or Cooked)
<ul style="list-style-type: none"> • Apple • Pears • Plums • Citrus (orange, grapefruit, etc.) • Berries (strawberries, blueberries, raspberries) • Kiwi • Grapes (sliced length-wise for young children) • Peach, nectarine or apricot • Melons • Bananas • Pineapple • Cherries • Mandarin Oranges • Papaya or mango • Unsweetened applesauce • Dried fruits • Canned fruit in juice <div style="text-align: right; margin-top: 10px;">  </div>	<ul style="list-style-type: none"> • Carrots (petite or sticks) • Celery sticks • Sweet red or green peppers • Broccoli or cauliflower • Cucumbers • Tomatoes (cherry or wedged) • Squash (zucchini or yellow) • Tossed salads or greens (dressing on the side if needed) • Potatoes or sweet potatoes • Peas • Corn • Green beans • Greens <div style="text-align: right; margin-top: 10px;">  </div>

To prepare a healthy lunch, you need to choose at least one food from each of the above categories every day.

Note: Yogurt does not count as a fruit. It may count as a protein if it is plain or not highly sweetened.

NUT FREE ZONE* - It is OK to have items labeled "processed in a facility that also produces nuts" for lunches that will only be consumed by your child. Refer to the Family Handbook for guidelines for food brought to school that will be shared with others.

Required Food Amounts:

Component	Ages 1 - 2	Ages 3 -5
Vegetables	$\frac{1}{4}$ cup total	$\frac{1}{2}$ cup total
Fruits	$\frac{1}{4}$ cup total	$\frac{1}{2}$ cup total
Protein	1 oz. meat or $\frac{1}{4}$ cup beans or 2 Tbsp. soy butter or $\frac{1}{2}$ egg or 4 oz yogurt	1 $\frac{1}{2}$ oz. meat or $\frac{1}{2}$ cup beans or 3 Tbsp. soy butter or $\frac{3}{4}$ egg or 6 oz yogurt
Carbohydrate	$\frac{1}{2}$ slice bread or $\frac{1}{4}$ cup pasta	$\frac{1}{2}$ slice bread or $\frac{1}{4}$ cup pasta

Sample Lunch Ideas:

Pasta and cheese or cheese tortellini with tomato sauce

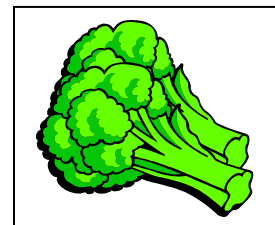
Broccoli (raw or lightly steamed)

Applesauce

Bean and Cheese Taco

Orange quarters

Lettuce and tomato salad

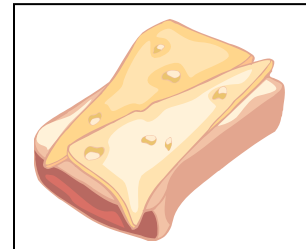
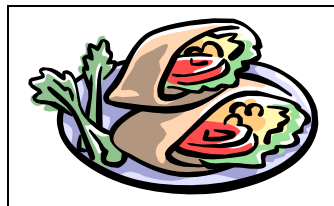


Tuna or Egg Salad

Crackers or pita bread

Cucumbers

Watermelon cubes

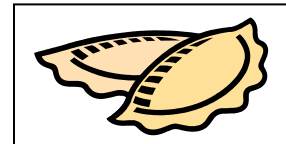
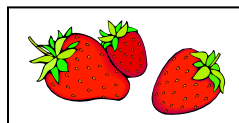


Chicken (shredded, cubed, or nuggets)

Rice

Carrot slices (raw or lightly steamed)

Strawberries



Reminder: The following items should not be sent in your child's lunch:

Candy or chewing gum

Cookies

Pudding

Desserts

Chips (except tortilla chips)

Any sweetened drink, including sodas,

Kool-aid or fruit beverages

Limit or avoid sending the following items:

"Fast" food

Lunchables

Highly sweetened yogurt

For infants and toddlers, please be sure to cut food into bite size portions so they aren't choking hazards (for example, round food items like hot dogs and carrots need to be sliced lengthwise).