



CHILDREN'S LUNCH GUIDELINES FOR FAMILIES

Good eating habits begin as soon as children start to eat. We ask all families to provide nutritious lunches for their children.

The USDA requires that children must have the following in their lunch:

- **Protein**, 1 to 2 ounces
 - Eggs
 - Cheeses
 - Yogurt
 - Lean meats
 - Fish
 - Legumes
 - Beans
- **Whole Grains**, 1 ounce
 - Brown rice
 - Pasta
 - Bread
- **Fruit**, ½ cup
 - Strawberries
 - Pears
 - Oranges
 - Blueberries
 - Clementines
 - Cantaloupe
 - Kiwi
 - Plums
 - Peaches
 - Watermelon
 - Apples
 - Bananas
- **Vegetables**, ½ cup
 - Cucumbers
 - Tomatoes
 - Carrots
 - Peppers
 - Squash
 - Celery sticks (Primary only)

The USDA requires milk for all children who are able to drink milk. **We provide milk** for all children; whole milk for children under 2 years old, skim for older children.

No nuts or nut products are allowed to protect children with allergies.

Do not send sweets. Items such as juice, cookies, donuts, cupcakes or other sweets will be sent home with a note reminding you not to send sweets. We do allow sweet treats for birthday celebrations, although we recommend muffins and fruit instead.

We are not able to heat lunches for children. If you want to send a hot lunch, please heat the food in the morning and place it in an insulated container inside an insulated lunch box or bag. If the food is very hot when packed, it will stay hot until lunch time.