

LUNCH AND SNACK INFORMATION

Older Toddlers and Twos

Snack and lunch are fun, social times for children. We ask that you send utensils daily. If they do not use these items, we are happy to assist them practice these new self-help skills. It is also very appropriate for children this age to eat finger foods. Below are suggestions for healthy lunch foods, focusing on the five main food groups. We have also included some ideas for morning snack time.

Please consult the Choking Hazard Chart on the reverse side for preparation guidelines.

Lunch Suggestions

Meat/Protein

Cut up hard boiled eggs
Cut up poultry or beef
Hummus or cooked beans
Tuna
Veggie patty

Fruits

Cubed melon
Cut orange segments
Grapes (**follow instructions on back**)
Cut up strawberries, peaches, pears,
kiwi, apple
Banana
Unsweetened applesauce

Vegetables

Cooked, cut, carrots, green beans, broccoli,
potatoes, sweet potatoes, squash
Sweet peppers
Avocado/guacamole

Grains

Whole wheat crackers and breads
Corn/wheat tortillas
Pasta

Dairy

Milk
Cottage cheese
Yogurt
Cheese cubes

Snack Ideas

Goldfish
Graham crackers
Cut up fruit
Cottage cheese

Cheese cubes
Mini muffin
Applesauce
Yogurt

Hummus/crackers
Avocado/crackers
Cheese tortilla
Snack bar

Note: The Twos are the age to discourage sucking items, and for this reason we ask you not send squeezable foods.

We encourage milk or water to be sent with lunch. Don't forget utensils and a cup with a lid (labeled).

Teachers will inform parents if there is a food allergy in the classroom. **Due to the severity of some food allergies, such as peanuts and tree nuts, we will prohibit all classmates from bringing food items that are life threatening to an individual child.** In such cases we appreciate your understanding and cooperation.

Please refer to our Family Handbook for more detailed information.

Thank you for providing healthy snacks and lunches.

CHOKING HAZARDS

If not properly prepared, some snacks and foods are choking hazards for children under the age of four. Others should never be served to children under four for safety reasons. Please make sure the snacks and lunches you send to school meet the following guidelines:

| Choking Hazard Chart | | | | |
|--|------------------------------------|------------------------------------|--|-----------------------------|
| | Infants/Toddlers | Two Year Olds | Three year olds | Four year olds |
| Choking hazards Dried fruit (raisins, apricots, etc.), nuts of any type, sticky foods (gummy fruits, Fruit by the Foot, etc.), popcorn, raw peas, candy, marshmallows | DO NOT SEND | DO NOT SEND | DO NOT SEND | |
| Hard/crunchy fruits & vegetables (e.g. apples, carrots, celery, etc.) | Cut in ¼" dice | Cut in ½" dice | Cut into small bites | |
| Round foods (e.g. grapes, cherry tomatoes, hot dogs, string cheese, etc.) | Cut lengthwise then cut in ¼" dice | Cut lengthwise then cut in ½" dice | Cut lengthwise then cut into small bites | |
| Goopy foods (e.g. nut butter, cream cheese, etc.) | Spread very thinly; no spoonfuls | Spread very thinly; no spoonfuls | Spread thinly; no spoonfuls | Spread thinly; no spoonfuls |

HOW MUCH IS ENOUGH?

As a rough guide for lunch serving sizes try these amounts from the US Department of Agriculture, Food and Nutrition Service:

| Food Group | 1-2 years | 3-5 years | 6-12 years |
|---|------------------|------------------|-------------------|
| Vegetable, Fruit, or Juice | | | |
| Serve two different vegetables and/or fruits to equal | ¼ cup | ½ cup | ¾ cup |
| Grains and Breads | | | |
| Serve a bread or bread alternate and/or cereal: | | | |
| Bread, enriched or whole-grain | ½ slice | ½ slice | 1 slice |
| Cereal | ¼ cup | ¼ cup | ½ cup |
| Cooked pasta or noodle products | ¼ cup | ¼ cup | ½ cup |
| Meat / Protein | | | |
| Meat, poultry, or fish (lean, cooked) | 1 oz | 1-1/2 oz | 2 oz |
| Cheese | 1 oz | 1-1/2 oz | 2 oz |
| Egg (large) | ½ | ¾ | 1 |
| Cooked dry beans or peas | ¼ cup | 3/8 cup | 1/2cup |
| Yogurt, plain or sweetened | 4 oz. | 6 oz | 8 oz |