

## LUNCH AND SNACK INFORMATION

### Threes Department

Lunch and snack times provide opportunities for Threes to practice self-help skills, explore conversation, and practice taking turns as they gather at the table. Additionally, it is an opportunity for learning about new foods. Your teacher will let you know if your child expresses an interest in trying something new. Below are suggestions for safe and healthy foods for your child to bring to school, focusing on a variety of foods from the five main food groups.

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

#### Lunch Suggestions

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##### Meat/Protein

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

##### Fruits

Cubed melon  
Halved grapes  
Cut up strawberries, peaches, pears,  
kiwi, apple  
Banana  
Orange segments  
Unsweetened applesauce

##### Vegetables

Cooked, carrots, green beans, broccoli,  
potatoes, sweet potatoes, squash  
Sweet peppers

##### Grains

Whole-wheat crackers and breads  
Corn/wheat tortillas  
Pasta  
Cereal

##### Dairy

Milk  
Cottage cheese  
Yogurt  
Cheese cubes

#### Snack Ideas

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Cut up fruit  
Cottage cheese  
Cheese cubes

Applesauce  
Yogurt  
Hummus/crackers

Avocado/crackers  
Cheese tortilla  
Snack bar

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

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 the Family Handbook for detailed information including a list of healthy lunch suggestions, appropriate serving sizes, and the choking hazard chart.

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
<b>Choking hazards</b> <b>Dried fruit</b> (raisins, apricots, etc.), <b>nuts</b> of any type, <b>sticky foods</b> (gummy fruits, Fruit by the Foot, etc.), <b>popcorn, raw peas, hard candy, marshmallows</b>	DO NOT SEND	DO NOT SEND	DO NOT SEND	
<b>Hard/crunchy fruits &amp; vegetables</b> (e.g. apples, carrots, celery, etc.)	Cut in ¼" dice	Cut in ½" dice	Cut into small bites	
<b>Round foods</b> (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	
<b>Goopy foods</b> (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:

<b>Food Group</b>	<b>1-2 years</b>	<b>3-5 years</b>	<b>6-12 years</b>
<b>Vegetable, Fruit, or Juice</b>			
Serve two different vegetables and/or fruits to equal	¼ cup	½ cup	¾ cup
<b>Grains and Breads</b>			
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
<b>Meat / Protein</b>			
Meat, poultry, or fish (lean, cooked)	1 oz	1-1/2 oz	2 oz
Cheese	1oz	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