

LUNCH AND SNACK INFORMATION

Infants and Young Toddlers

Snack and lunch are becoming fun, social times for infants and young toddlers. It is very appropriate for children this age to eat finger foods, and we encourage food preparation that allows children to use this important skill at school. We ask that you send utensils (labeled with child's name) daily. If your child is just beginning to use these items, we are happy to assist him/her practice these new self-help skills. 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
Cut up veggie patty
(all cut in ¼" dice)

Fruits

Bananas
Applesauce
Cut up peaches
Cut up pears
Cut up strawberries
Cut up blueberries
Cut up grapes
Cut up berries
(all cut in ¼" dice)

Vegetables

Cooked, cut carrots
Cooked, cut green beans
Cooked, cut squash
Cooked, cut sweet potatoes
Cooked, broccoli
(all cut in ¼" dice)

Grains

Whole wheat crackers and breads
Cereal
Pasta (please cut)

Dairy

Milk
Yogurt
Cheese (cut in ¼" dice)

Snack Ideas

Cheerios	Cheese cubes	Yogurt
Cut up fruit	Mini muffin	Cereal bar
Graham crackers	Applesauce	Pancakes (please cut)

Food containers must be plastic; we are not allowed to accept glass containers.

We encourage milk or water to be sent with lunch. Leftover food and milk will be sent home each day.

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, hard 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	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