

Pre K / TK Lunch Box Ideas

Your child should be able to open everything and serve him/herself.
Don't forget utensils and a cup with a lid (labeled with child's name).

Entree

Pasta	Sandwich	Tamales
Pizza	Soup	Sliced meats (rolled up)
Cubed meats/cheese	Sushi	Bagel w/ cream cheese
Chicken nuggets	Leftovers	

Sandwich Ideas:

Use different breads, buns, rolls, biscuits, pitas, or tortillas

Suggested fillings: turkey, ham, roast beef, salami, bologna, tuna, chicken salad, pimiento cheese, honey, jelly, peanut butter, cream cheese, cheese, bacon, sliced vegetables

Side

Goldfish	Pretzels	Tomatoes	Cups of fruit
Pickles	Olives	Raisins	Hard boiled eggs
String cheese	Salad	Rice cakes	Sunflower seeds
Dried fruit	Applesauce	Cottage cheese	Yogurt
Chips			

Sliced vegetables w/dip (such as celery, cucumber, bell peppers)

Fruits (such as grapes, oranges, berries, kiwi, bananas, pears, pineapple)

Dessert

Cookie	Breakfast bars	Pop Tart	Graham crackers
Pudding	Jello	Muffins	Granola bars
Rice Crispy Treat	Fortune cookies	Cup cake	

Beverage

Water bottle	Juice pouch w/straw	Canned juice	Juice box w/straw
--------------	---------------------	--------------	-------------------

Special Tips:

- In hot weather, freezing a water bottle or juice box will keep the lunch cool
- Fill a water bottle half full and freeze. Top it off before packing in the lunch box
- Thermoses are fine for occasional use, but tend to leak and are hard to clean
- Use colorful decorated napkins for variety
- A short note to your child in his lunchbox is a nice surprise and promotes literacy
- Cut sandwiches in different shapes with cookie cutters
- Candy and carbonated soda are not permitted

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 detailed list of healthy lunch suggestions located in your Family Handbook.

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