



HEALTHY CHOICES FOOD POLICY

Montessori philosophy teaches children to become good decision makers in all aspects of their lives. Developing healthy eating habits is most effective when taught at a young age with consistency at school and home.

We ask that you join together with us to give the children a consistent expectation about the food choices they make. Whether you are sending your child to school with lunch and snack in a lunch box or providing a snack for your child's class to share, we respectfully ask that you refer to the list below for some suggestions of healthy choices.

Healthy Suggestions

Precut mini-bagels (1/2 per child) and butter/cream cheese
Yogurt (low sugar/live cultures)
Fruit Cups (packed in fruit juice)
Vegetables & Low fat dip
(string beans, peeled, pre-cut cucumbers, baby carrots sliced in 1/4's lengthwise)
Cheese and low-salt crackers
Pretzels and raisins
Animal crackers, Graham crackers
Apples, oranges, nectarines, or pre-cut fruit bowl
Unsweetened applesauce

Please do not send in high sugar/salt foods such as chocolate, fruit roll-ups, candy, frosted cupcakes, potato chips, Doritos, Fritos, etc. These WILL NOT be served, or permitted to be consumed during lunch and will be sent back home.

Birthdays: These happy occasions are also celebrated with adherence to our healthy choices policy. Families may choose to order pizza or send in a special fruit platter. **We will not serve frosted cakes, cupcakes, or doughnuts.**

We are a peanut & peanut butter free school.

Due to severe allergies, one of the foods that consistently create a problem for children are peanuts and peanut products. We would appreciate your avoiding sending in these items. Please check ingredient labels for peanuts, peanut oils/products before purchasing.