



Lunch at Prince of Peace Pre-School

Please refer to www.choosemyplate.gov for nutritional guidelines while planning student lunches.

Children's lunches should include:

3 (allowed) food items

Straw

Utensils (as needed)

Drink

Napkin

Please have food peeled, cut and prepared in the most manageable way for your child. Staff, of course will be available to assist your child.

Food **Not** allowed in School Lunches:

Peanuts

Peanut Butter

Nuts and Seeds

Pretzel Rods (pretzel squares and circles are permitted)

Popcorn

Candy (including marshmallows)

Raw Peas

Foods that must be cut in halves or quarters:

Grapes

Cherry or grape tomatoes

Strawberries

Apples - need to be thinly sliced

Carrots - Cut lengthwise

Hot dogs - Cut lengthwise and again in pieces.

Circles are not acceptable.

Unfortunately, we are not able to heat up lunch foods. If you send something (already heated) that you wish to keep warm, please label it separately with your child's name and instructions to "keep out of fridge". (A thermos works nicely).

You may at times receive a 'gentle lunch reminder' in your child's lunchbox. This will provide you with pertinent information from lunch time.

Colored lunch tags will be placed on your child's lunch box. These tags will designate the class and/or after school activity of your child. Please keep these tags on the lunchbox as it simplifies sorting in and out of the refrigerators.