Snacks and Lunch

**Changing Lanes Learning Center is a Nut-Free Facility. It is also extremely important that the director and the classroom teacher be notified of any special dietary requirements/ restrictions that your child may have.**

Parents/Guardians Provide:

● Morning Snack (including beverage)

● Lunch (including beverage)

 ● Afternoon Snack (including beverage)

● Water bottle during warm weather months

Food Suggestions:

● Food items that will not need to be heated (no microwave ovens are available)

● A Healthy and Well-balanced diet (See healthy lunch ideas on next page) Please Limit:

● Sugary treats such as candies and cakes. There may be exceptions made for special days, parties, or holidays. Candy will be sent home and distribution will be at the parent’s/ guardian’s discretion.

● Fruit juices (American Academy of Pediatrics is suggesting cutting down on fruit juices because of high sugar content)

● NO CHEWING GUM or SODA are permitted at school.

Your child’s name needs to be on the following:

● Label lunch box on sides and top

● Label plastic lids and containers

● Label items placed in refrigerator bins

● Label beverage and water bottles and cups

Healthy Lunch Box Ideas

Hummus String Cheese

Hard Boiled Eggs Babybel cheese

 Cheese Mandarin oranges

 English Muffin Strawberries

 Pizza Bananas

 Cream Cheese Pineapple

 Pinwheel Sandwich Blueberries

 Deviled Eggs Raspberries

 Crackers Apple Slices

 Muffins Raisins

 Goldfish Carrot Sticks

 Crackers Slice Red Pepper

 Buttered Bread Avocado

 Pasta Salad Dried Fruits

 Macaroni and Cheese Tossed Salad

 Dry Cereal Vegetables with Dips

 Pretzels Pizza

 Bagel Noodles

 Pita Bread Yogurt

 Pancakes Banana Bread

 Granola Bars (nut-free) Potato salad

 Leftover Spaghetti Leftover Fried Rice

**Please check to make sure that the food you pack for your child is not processed in facilities that may share or contain peanut and tree-nut products!!**