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!!**