

LUNCH PLANS & IDEAS

All of the lunches will be refrigerated until lunch time. If you wish to send a hot food item in a Food Thermos, set that thermos on top of their cubby and bring the rest of the lunchbox to the cart outside of the Breakfast room.

Each Day Be Sure You Include:

- a drink/straw (or empty cup if you would like them to have water)
- silverware if needed
- napkins

Please Do Not Send

- Pizza Lunchables** (as they cause a great deal of mess with the sauce and cheese)
- Soft drinks**

The following is a list of ideas for lunches. Variety is important from time to time as children can grow tired of the same lunch each day. Many thanks to all the creative moms and dads out there from whom we are copying these ideas!

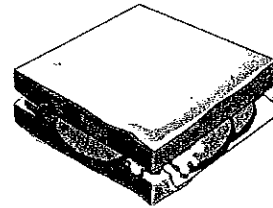
THERMOS IDEAS

- Hot dogs- boil, pour some of the water and hot dog into thermos. Remember the ketchup!
- leftovers- ravioli, spaghetti rings, soups, etc. - microwave and then put in thermos
- chicken nuggets, mozzarella sticks, pizza rolls, pizza, etc.



SANDWICHES (don't forget the lettuce, tomato and the condiments if your child enjoys these)

- tortilla wraps- w/meat & cheese: peanut butter and jelly, cream cheese, etc.
- bread- cut into shapes with cookie cutters. (we encourage the children to eat their crust unless you have removed it.)
- bagels- w/meat, plain or flavored cream cheese, peanut butter
- crackers- w/ meat & cheese; peanut butter; cream cheese
- pita pockets filled with their favorite items.
- PB&J or lunch meat on bread or toast.

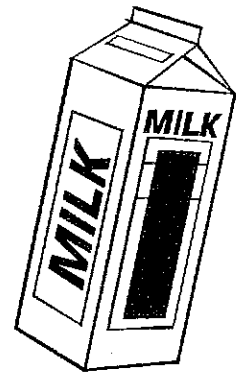


FRUITS & VEGGIES (remember to wash these off)

- Fresh fruits and veggies that travel well: apples, bananas, nectarines, cherries, sliced cantaloupe, plums, grapes, peaches, raisins, prunes, oranges (please peel or wedges), carrots w/dip, celery w/peanut butter, cucumber slices, green pepper, cherry tomatoes.
- canned fruits and veggies- peaches, mixed fruit, mandarin oranges, pineapple, pickled beets, olives, dill pickles.

DAIRY PRODUCTS (Please let us know if your child is lactose intolerant)

- milk
- cottage cheese
- yogurt
- pudding
- string or sliced cheese



LUNCHABLES (if there are kinds your child would like...can add an easy variety once and a while to their lunch)

DRINKS (please include each day)

- prepackaged juices or fruit cocktails
- thermos, Tupperware/Rubbermaid drink holders w/drink (very economical)
- cup- we'll fill w/water.

SNACKS (these will be eaten last when healthy food has been tried. We encourage "courtesy bites" of the items you pack before moving on to the snack or dessert) chips, snack crackers, muffins, cookies, cupcakes, snack cakes, fruit roll-ups, etc.