

LUNCHES

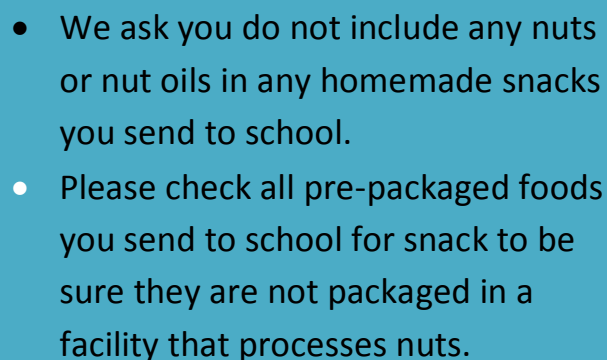
The Kindergarten and PreK-4 students will have lunch at school Tuesday through Thursday. Setting the table, meal preparation and exercises of grace and courtesy are highly valued in the Montessori curriculum. The children will also be learning respect for the environment, conservation and waste. We ask that you pack a cloth placemat and napkin in your child's lunch daily, and provide a healthy and balanced meal preferably with recyclable and reusable containers. So that you can monitor what your child is and is not eating any uneaten food is sent home (other than liquids, yogurts, etc.) Please do not send extra treats because the children are not allowed to trade food.

- Label your child's lunch box and thermos with his/her name.
- Have your child help prepare his/her lunch.
- If your child has dietary restrictions and/or food allergies, please list them for the teacher's information.

SNACKS

Parents are asked no more than three times a year to take turns bringing in a nutritious snack. A monthly snack calendar will be sent home in advance. Please have the snack ready to serve as the staff does not have time to wash and cut fruit or cheese etc.. Lessons in grace and courtesy, food preparation, serving, pouring, table setting and cleaning up are all presented to the children so that they can participate in snack independently. Individually wrapped snacks such as puddings and crackers with spreads are too difficult for the younger children to open.

Please refer to the snack preparation guidelines for specific directions, ingredients and quantities.

- 
- We ask you do not include any nuts or nut oils in any homemade snacks you send to school.
 - Please check all pre-packaged foods you send to school for snack to be sure they are not packaged in a facility that processes nuts.