



Packed Lunch Guidelines & Suggestions

Lunch-time is a very important part of our Montessori curriculum. We encourage healthy eating at mealtimes and have included below a list of nutritional suggestions for packed lunches. Good table manners, (grace and courtesy) and cleaning up after oneself are encouraged and promote independence. We will provide plates and ask that you do not send huge portions of food, as we discourage waste.

- *Food must be low-sugar
- *Please send a cloth napkin w/ring and silver wear
- *Placemat or second cloth napkin folded
- *Eco-friendly lunches should include re-usable containers (no baggies) and a re-closeable drinking container

Lunchbox Ideas:

*Food must include at least one from each category:

Protein

*these items are low on artificial junk high on nutrition!
Cheese (kids love string cheese!)
Peanut butter (on whole grain bread, rice cakes w/raisins)
Meat chunks (left-overs are great too!)
Tuna
Eggs (boiled, deviled)
Beans
Soup (hot in thermos, yummy!)
Leftovers
Nuts, seeds

Fruits & Veggies

*adds great color! At least 1 of ea.
Any sliced fruit (or whole)-
(Please send how it will be eaten)
Raw or steamed veggies w/dip
Smoothies-chilled in thermos!
Corn on Cob
Gazpacho (for gourmet kids!)
Salads
Tomato (fill w/tuna!)
Guacamole
Fruit kabobs
Fruit leather, dried fruit

Grains

*preferably whole & chemical free (they pack more punch!)
Pita bread (fill with meat &/or veggies, mayo or PB, honey, bananas, & raisins...)
Tortilla (could melt in morning's w/beans, cheese, mild salsa, roll in foil, by lunch it will be great!)
Brown rice (with a bit of butter or tamari!)
Couscous (w/butter or parmesan)
Pizza, crackers with anything..

Drinks

Milk or water only please!

- *Lunches must be self contained and ready to eat so that Early Childhood children do not need teacher assistance.
- *Please be mindful that we do not have microwaves in the classrooms and are unable to heat up packed lunches. (Please send warmed items in thermos or insulated containers etc...)
- *Please also send items that need to be kept cold with frozen ice packs/& or in insulated containers.

*NO-NO's include: candy, sodas, empty calorie-high sugar foods, sugary artificial junk food salty fried chips, fruit snacks etc.

*Preferably notes: plastic baggies, paper napkins