



M.M.C.A. Healthy Lunch and Food Policy

We encourage wholesome, nutritional snacks and lunches for your child. Let your child be responsible for remembering it. Snacks which expose our children to interesting and appealing foods originating from the country or food group currently being studied, and snacks that relate to the cultural and ethnic background of the children can also be appropriate. Suggestions for snacks include:

- Vegetables and fruits (cut to child's finger size)
- Crackers and cheese
- Different baked breads (banana, carrot)
- Nutritious cookies and muffins (oatmeal, carob)
- Applesauce
- Raisins
- Yogurt
- Cheese cubes
- Hard boiled eggs
- Graham crackers
- Dried fruit
- A nice note or picture is enjoyed as much as a sweet

Part of our "grace and courtesy" exercises includes practicing table manners at lunchtime. This involves carefully setting our table, laying out the food, having a moment of quiet or a song, and then, after an enjoyable meal together, cleaning the dishes and the table. Every day, each child will bring his/her own cutlery and two cloth napkins.

Gum and candy are not permitted at school. Please help us by not packing these items in box lunches.

It is your responsibility to notify the school if your child has a known food allergy. Please have a doctor's signed statement to put in your child's file.