

## Packing Snacks and a Lunch Each Day

ALL containers and cups must be labeled with the child's first and last name. Lunch boxes must be labeled on the outside (not inside).

We encourage healthy eating at Peanut Shell. Try and include at least one food from each food group (whole grain, protein, fruit, vegetable, dairy) and leave the sugary snacks at home please! This includes fruit gummies.

As a H.E.P.A compliant Y, we can not permit juice or fast food. Read more about H.E.P.A here: <http://www.ymca.net/hepa/standards>

Please send in containers and snacks that students can open independently. We can not peel hard boiled eggs, oranges, or cut up food.

Peanut Shell provide morning and afternoon snacks, however we encourage that supplement a protein rich snack from home. (Yogurt and cheese are popular choices.)

*\*\*Remember we are a nut free school.*

### **Here are some lunch and snack ideas:**

- Leftovers from last night's dinner can be quickly packed in a thermos.
- Soup in a thermos with whole grain crackers.
- Spaghetti with tomato sauce or a favorite casserole.
- Sandwiches
- Salmon/chicken, veggies, and brown rice.
- Chili with brown rice or whole grain crackers.
- Stir-fry with brown rice.
- Yogurt, fruit, granola or cereal (nut free).
- Cottage cheese and fruit.
- Chicken and/or bean burrito on a whole grain tortilla.
- Pita bread stuffed with hummus, sprouts, and tomato.
- Guacamole and/or salsa with chips.
- Whole grain bagel and cream cheese.
- Carrot sticks, cucumbers, celery, peppers, grape tomatoes and dressing or hummus
- Celery (add soy nut butter, or cream cheese, and raisins).
- Snap peas or Edamame.
- Broccoli with ranch dressing for dipping.
- Whole grain crackers with cheese or cream cheese, hard-boiled eggs, lunch meat, or soy nut butter.

**Per NAEYC regulations, children under four cannot be served the following foods:** hot dogs, whole or sliced into rounds; whole grapes; nuts; popcorn; raw peas and hard large pretzels; spoonfuls of soy butter; or chunks of raw carrots or meat larger than can be swallowed whole.