

LUNCHES & SNACKS

A monthly snack calendar will be sent home with your child. Each family supplies morning snack **with juice or milk**, for the class on an assigned day. The two afternoon snacks will be provided by the school.

We are required by Arkansas DHS to offer a school lunch program. However it is optional, and for that reason we ask that lunches be ordered by the month or, at least, by the week, and not randomly. We shop locally, by the week, and according to how many students have ordered lunch for that week. It is difficult to feed several unexpected extra children when we have provisions on hand for a certain number only. **We do not offer lunch on a daily basis** except in the case of an emergency. An 'emergency lunch' will be nutritionally sound but not necessarily what is on the menu for that day.

BOX LUNCHES

Please put your child's name **inside** and **outside** his/her lunch-box, and label all containers, lids, stoppers, and other items that are not disposable. If it is necessary to send a spoon, please enclose a disposable one.

PLEASE DO NOT SEND: carbonated drinks (Cokes, Sprites etc.), puddings or fruits in 'snack tins' (the pop tops are notorious for cutting little fingers), candy, sugary cookies and cakes. **DHS regulations require that our staff make sure the children who bring box-lunches from home are eating a nutritionally sound lunch. All carbonated drinks, candy, etc. will be removed from lunch-boxes; they are not part of any food group.** We prefer that you not send "Lunchables" for your child's lunch - they contain candy, and no fruit or vegetable. Also, do not send artificially colored or flavored juices - they stain the floor, clothing and tables - imagine what they do to your child's stomach!! You may send water in your child's lunch-box or purchase milk from the school at the rate of \$5.00 per month. Please do not send juice boxes or pouches with straws to school in your child's lunch-box.

SUGGESTIONS FOR LUNCH-BOXES: small portions of many different foods to stimulate your child's appetite and expose him to new taste experiences. A good measure for the amount of food you put in your child's lunch box - arrange the food on a plate and judge if it is too much. Try any of the following: half a sandwich, half an apple or orange peeled and cut in small pieces, celery or carrot sticks or other vegetables, cheese cubes, yogurt, a hard-boiled egg (peeled), (raisins, nuts and sunflower seeds for older children for whom choking is not such a danger), fresh fruit, dried fruit, wide-mouthed thermos of soup, spaghetti or macaroni, granola bar, small **plain** cookie, a few potato chips or corn chips. For fun, cut sandwiches into shapes with a cookie cutter. Remember, if your child does not eat bread crusts, or peel his own fruit at home, he is hardly likely to do it at school! Seasonal or decorated napkins are popular, and a note in the lunch-box from mummy or daddy always brightens a child's day. We will be happy to read to the messages to our non-reading children.

Please do not send food that needs to be heated in a microwave oven - we have only one in the kitchen and it is not possible to heat up lots of lunches. Also, please be sure to take home your child's lunch-box each day to be thoroughly washed. When lunch-boxes and thermos bottles become smelly, it is time to let them stand overnight in a solution of baking soda and water!