

## MACDONALD MONTESSORI SCHOOL LUNCH SUGGESTIONS

**\*\*\*\*MICROWAVES ARE AVAILABLE FOR USE IN ALL THE CLASSROOMS TO WARM UP THE LUNCHES THAT YOU SEND!**

- All the children bring lunch boxes clearly labeled.
- Milk is provided by MacDonald Montessori School (2% and whole milk.)
- Please note that smaller pieces are more often eaten by the children.
- Low sugar and high fiber are important.
- Remember protein/vegetables/fruits/breads.
- Please don't send any candy or more than one cookie.

### LUNCH IDEAS.....

- Sandwiches of all kinds
- Meat/cheese cubes
- Pasta
- Cottage cheese
- Vegetables (cooked or uncooked)
- Fruit (fresh, frozen, or canned)
- Hot dishes
- Left overs
- Pizza
- Novelty items such as chips, pickles, olives, etc. help spur the children's interest in eating.

The children have a full 45 minutes to eat and they are encouraged to eat. Staff move about the area and also sit with the children being friendly, encouraging eating, opening their lunches, displaying food, cutting fruits and vegetables as needed. Each child is given a glass of milk to start and may ask for more after they have eaten most of their lunch, as they will sometimes drink only milk and not eat solids.

Know that we are as concerned as you are that your child consumes the good, nutritious food that you pack for them! THANK YOU