

# Providing a Healthy Lunch

Dear Parents,

It is very important that the children are provided with a healthy lunch, as this is when they get vitamins and nutrients for the day. Here at TLC's Little Comets Learning Center we provide a healthy lunch for \$3.50. If you choose to bring in a cold lunch for your child, please make sure the following is packed in their lunch per state regulations...

## Protein

Example: Cheese, deli meat, peanut butter, eggs, peanuts, beans. – any protein

## Vegetable

Example: Carrots, cucumbers, tomatoes, snap peas, green beans, corn, potato.

## Fruit – Fruit snacks do not count as fruit

Example: Oranges, apples, strawberries, grapes, peaches, blueberries, raspberries, applesauce. Fruit cups work great, applesauce pouch.

## Grain

Example: Whole wheat grain is preferred, crackers, chips, bread, rice, pasta, potato.

We provide 1% milk with lunch – If you pack an alternate beverage such as juice it MUST be 100% juice. – if it is not 100% juice, we will send it back home.

Please keep in mind that we cannot heat up lunches from home. We do not have a microwave in the rooms. If you are sending something that is better warmed, you can heat it at home and put it in a thermos.

**Cold lunches from home that do not have the appropriate nutrition or require microwaving will be replaced with a center hot lunch and parents will be charged.**

Thanks

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