

Healthy Lunch Requirements

It is important that children are provided with a healthy lunch, as this is when they get important vitamins and nutrients for the day. At Little Comets Learning Center, we provide a healthy lunch for \$4.50. The lunches we provide will contain each of the important food groups needed per state regulations.

If you choose to provide a packed lunch from home, their lunch must contain the following:

Protein

Cheese, deli meat, peanut butter, eggs, beans, tofu, peanuts

Grain

Bread, pasta, rice, crackers, chips – Whole wheat grain is preferred

Vegetable

Carrots, snap peas, green beans, peppers, cucumbers, tomatoes, veggie pouch

Fruit

Oranges, apples, strawberries, grapes, peaches, blueberries, raspberries, applesauce – Fruit cups and pouches work great – Fruit snacks do not count as a fruit

Dairy

We provide whole milk for toddlers and 1% milk for children 2 years and up – A milk substitute may be provided by the families if necessary. Packed juice MUST be 100% juice.

*Lunches must not require refrigeration or microwaving. Please use an ice pack to keep the perishables chilled or a thermos to keep foods warm.

Lunches from home that do not have the appropriate nutrition or require microwaving will be replaced with a center hot lunch and the family will be charged an inadequate lunch fee of \$7.

