



Early Childhood Lunch Guidelines

The following is a list of suggestions and guidelines for preparing your child's box lunch for Montessori Children's House:

We provide . . .

- . . . a peaceful and gracious setting in which manners are modeled and a mealtime that is a pleasant experience
- . . . assistance with packaging
- . . . places for recycling packaging and composting food waste

Families provide . . .

- . . . a labeled lunch sack/box manageable by your child
- . . . nutritious and balanced food with no or low salt, sugar, additives
- . . . reusable or recyclable packaging
- . . . an ice pack for refrigerated foods
- . . . no choke foods until second set of molars appear (nuts, chips, whole grapes, raw vegetables, hot dogs)
- . . . food that can be served cold or hot food in a thermos
- . . . DO NOT SEND liquid yogurts or red/purple juices (help us save our carpets!)
- . . . appropriate cutlery (spoon, fork) as needed

S U G G E S T I O N S

- Involve your child in choosing and packing foods! One food from each color of the rainbow should provide a well-balanced fun meal!
- Keep portions small—large portions can reduce appetites. Send enough food for seconds and teachers will help with portions.
- General portions guideline: 1 Tablespoon per year of age of one food from each food group. (ex. Serve a 3 year old 3 T of cereal from the grain group)
- Many children enjoy “finger foods” - cut food small enough for them to handle easily.
- Serve your child one food high in vitamin C every day, and Vitamin A every other day.
- HAVE FUN!!