

HEALTHY SNACK AND LUNCH SUGGESTIONS



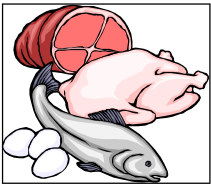
Dear Parents,

Here are some ideas for your child's lunch and snack for the class. Select healthy snacks from the four food groups. Choose crackers low in salt and fat. Choose whole-grain cereals and breads. The information below was collected from several sources.

DO's

Meats, Fish, Poultry, Beans

chicken sandwiches or salad
eggs – scrambled or hard-boiled
ham or turkey slices
pizza
popcorn (older children only)
tofu – raw or fried – with soy sauce
tuna fish sandwiches



Fruits and Vegetables

apples, apricots
bananas, dried banana chips
berries, cherries
carrot sticks
salad (fruit)
grapes
cucumber
finger jello
frozen juice popsicles
celery sticks stuffed with cream cheese
green peas in pods, green beans
juices – all kinds of fruit and vegetable
melon, oranges
peaches, pears, pineapple rings or chunks
plums, prunes, raisins



Dairy Products

cheese cubes
cottage cheese and fruit
cream cheese
cheese and crackers
custard
grilled cheese sandwiches
yogurt



Breads and Grains

bagels
bran muffins
bread and butter, bread sticks
carrot, banana, or pumpkin bread
corn bread, pita bread
crackers-goldfish, saltines, graham, etc.
rice, rice cakes, or rice pudding,
scones



Hot lunches may be placed in a thermos to keep food warm. Prepared fruits and vegetables should be washed and cut into bite size pieces. foods for infants should be cut up in small pieces no larger than ¼ inch cubes. Foods for toddlers should be cut up in small pieces no larger than ½ inch cubes.

DO NOT's

NO candy	NO candy/cookie bars
NO gum	NO oreos and other high sugar cookies
NO soda	NO fruit roll-up (very high in sugar)
NO glass bottled drinks	NO gummy bears (very high in sugar)
NO donuts	
NO cupcakes, cakes, brownies (high in sugar)	
No exceptions!	

FYI

Foods that are round, hard, small, thick and sticky, smooth, or slippery should not be offered to children under 5 years of age. Children may have trouble chewing and swallowing these foods. For example:

cherries with pits	popcorn
chips	olives with pits
dried fruit	pretzels
grapes	raw peas
gum	hard candy
hot dogs, sliced into rounds	marshmallows
whole grapes (you can cut them in half)	
chunks of meat larger than can be swallowed whole	

NUT FREE ZONE

In keeping with Rising Star School's "Nut Free Zone" policy, we kindly ask help from all of our families to refrain from sending in any type of children's lunches that contain nuts or peanuts. Sandwiches, snack bars/cookies, trail mix, etc. We want to be considerate of all our children enrolled in our program and due to severe allergic reactions that some children have to any nuts, we are asking for your help.

SOURCES

California Child Care Health Project – Oakland
BANANAS Child Care Information and Referral - Oakland