

Eating Lunch in Our Programs

Children in **Happy Hummingbirds**, **Singing Sparrows** and **Ready Robins** must bring a sack lunch and a water bottle daily. Failure to provide a lunch for your child will result in a \$5 fee for the program to provide one.

All lunches should be nonperishable and not require heating.

Lunches are monitored by staff, who will contact you if the lunches you provide do not meet the guidelines listed below.

Snacks will be provided for the full-time programs in the morning and afternoon.



Lunch Portions for Preschoolers:

State child-care and USDA guidelines specify that each child's lunch must include at least one serving from each of the following food groups:

VEGETABLES: 1

1 portion equals $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped, fresh, or canned

GRAINS: 2

1 portion equals $\frac{1}{2}$ slice bread or hamburger bun, $\frac{1}{4}$ to $\frac{1}{2}$ cup rice, pasta or cooked cereal, 2 small crackers, $\frac{1}{2}$ cup ready to eat cereal, $\frac{1}{2}$ waffle, pancake or tortilla shell

DAIRY: 1

1 portion equals $\frac{1}{2}$ cup milk or yogurt or 1 ounce cheese

PROTEIN FOODS: 1

1 ounce cooked poultry, fish, beef, 1 cooked egg or $\frac{1}{4}$ cup cooked beans

FRUITS: 1

$\frac{1}{4}$ to $\frac{1}{2}$ cup chopped, fresh or cooked

Preschool Lunch Ideas

Grains

- Bagels with cream cheese
- Croissants
- Tortilla wraps
- Homemade muffins
- Whole grain crackers
- Cereal or granola
- Fruit or granola bars
- Pretzels
- Rice cakes
- Pasta salad
- Tortellini
- Graham crackers
- Homemade zucchini bread
- Mini pancakes
- Pita bread with Hummus
- Rice

Dairy

- Cheese (Babybel®, sticks)
- Cottage cheese with fruit
- Yogurt cup, tube or drink
- Cream cheese on crackers, in rolled sandwich meat
- Cubed cheddar cheese
- Cheese spread on crackers or cucumbers

Fruits & Vegetables

- Pickles or cucumbers
- Carrot and celery sticks
- Coleslaw
- Snap peas
- Broccoli or Cauliflower
- Mango
- Apples or applesauce
- Melons
- Berries (blueberries, strawberries, blackberries)
- Kiwi fruit
- Oranges (clementines or mandarins)
- Sweet peppers
- Banana
- Corn
- Avocado slices
- Fruit cups w/100% fruit juice or water

Protein Foods

- Peanut or nut butter on crackers or as a dip for apple slices or celery sticks
- Rolled sandwich meat
- Baked chicken cubes
- Chicken strips
- Hot dog wrapped in a biscuit
- Salmon/Tuna
- Eggs (hardboiled and peeled)
- Ham & cheese sandwich
- Leftovers like Lasagna and spaghetti
- Mini hamburgers (served in a heated thermos)

Fun Stuff

- Yogurt covered raisins or pretzels
- Sun chips
- Fruit snack or leathers
- Tortilla chips and salsa
- Plain popcorn
- Natural Fig Bars
- Jell-O® cups
- Rice Krispie squares
- Cheese and corn puffs
- Olives

