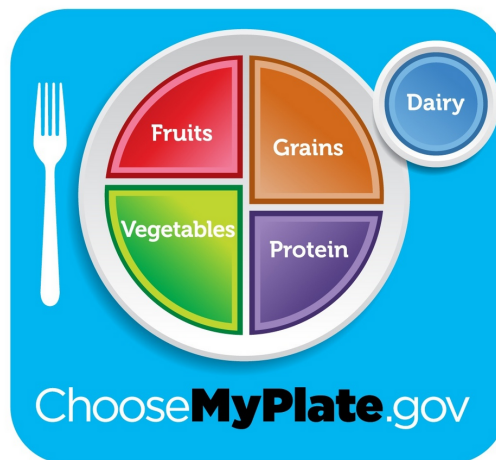


JUST A REMINDER

We know kids aren't always the best eaters and can be super picky! We do our absolute best to make sure they eat the majority of what you send in their lunchbox. We also communicate through Brightwheel what they eat during the day so you can see what they're liking and what they're not liking! We do have to make sure our kids are being offered well balanced meals, so we may ask you to pack more or a variety as we see changes in eating habits. They will eat differently at school than they do at home. We do follow the guidelines of the My Plate. Packing a full lunch can be exhausting! We have some ideas that are easy and nutritious to help you!



Meal times to discuss healthy choices and food groups!

PICKY EATER APPROVED LUNCH IDEAS:

- PIZZA HAM ROLLS MEAT STICKS CHEESE STICKS
- PB & J CRACKERS GRAPES STARWBEERIES
- COOKIE CUTTER SANDWICHES TRAILMIX
- TORTILLA SANDWHICHES CHICKEN NUGGETS APPLE SLICES
- FRUIT AND PB DIP VEGGIES STICKS AND RANCH GOLDSIFH
- PRETZELS MAC AND CHEESE LEFTOVER SPAHGHETTI

DESSERT IDEAS

A FEW M&MS. FRUIT GUMMIES. MINI COOKIE. FRUIT W/NUTELLA