



MORNING RECESS AND LUNCH POLICY Kindergarten – 8th Grade

The nutritious food policies at St. Peter & St. Paul are an integral part of our school program. We provide information and establish guidelines to help educate parents and children about the importance of eating nutritious foods.

The faculty and staff have asked that families be reminded of nutrition when preparing morning recess snack and school lunches. Lunches should be dropped off in the school office by 10:30 a.m. **Lunches from outside carry-out restaurants not permitted.**

Lunches from home should not have glass bottles, soft drinks, or excessive candy. Lunches and recess snacks must contain nutritious items, such as a protein, fresh fruit, vegetables, string cheese, crackers, granola bars, rice cakes or healthy snack item.

- Students will be requested to eat a sandwich or protein item and fresh fruit or vegetable before other nutritious snack-type foods.
- It is recommended that students drink 100% fruit juice or bottled water as opposed to sugared water products.
- No glass bottles or cans permitted.
- No hot or spicy chips, French fries, Hostess type cakes, soda, or candy are allowed (e.g. Hot Cheetos or Taquis).
- Extended care students should bring an additional snack for the afternoon.

Thank you for your support and cooperation.