



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. Our resources include the County Department of Health, Dietary Guidelines.

The faculty and staff have asked that families be reminded of nutrition when preparing morning recess snack and school lunches.

- The students may bring a small nutritious snack for their morning recess. The snack may include fresh fruits and vegetables, pretzels, string cheese, crackers, tortilla chips, granola bar, rice cakes, etc. **Kindergarten students are requested to place their morning recess snack in their backpack.**
- Students will be requested to eat a sandwich or protein item and fresh fruit or vegetable before other nutritious **snack**-type foods. No candy, cookies or soda allowed.
- It is recommended that students drink 100% fruit juice or bottled water as opposed to sugared water products.
- Extended care students should bring an additional snack for the afternoon.

Thank you for your support and cooperation.

March 2021