



ECCEC LUNCH TIME GUIDELINES

The FDA (Food and Drug Administration) suggests that lunches should include something from each of the four food groups each day:

1-fruits and vegetables

3-protein

2-cereal and breads

4-dairy-milk is provided by the Center
Water is also provided

- ☺ Small thermos keeps foods warm until lunch.
- ☺ Use a cold pack to keep food at a safe temperature. No refrigeration is provided by the Center. Put your child's name on cold pack.
- ☺ Send **small** portions - if food is being returned, you are probably sending too much. Send food that your child **likes!**
- ☺ All children need a napkin, and who doesn't enjoy colorful, party napkins? Use your leftover birthday or holiday napkins as a lunchbox treat.
- ☺ Health authorities have advised us that small children should not eat *hotdog "pennies", nuts, popcorn, fruit by the foot, fruit leather, and that all grapes should be cut in half* to avoid choking.

LUNCH IDEAS

- Soup in a thermos, crackers, and cantaloupe pieces
- Tortilla wrapped around cheese sticks, cucumber sticks with dip
- Turkey cubes, crackers, cheese, and apple slices
- Cheese and apple slices on raisin bread, yogurt
- Mini bagel with pizza sauce and cheese or peanut butter
- Bran muffin, yogurt, and strawberries
- Mild salsa and chips, cheese stick, and cut grapes