**Dunedin Montessori Academy**

Lunch & Nutrition Requirements

According to the licensing regulations governing Pinellas County children’s centers, Section IX Food and Nutrition, the custodial parent or legal guardian must provide nutritional food for the student of a non-food child care center.

A nutritious lunch consists of:

1. Grains 4. Dairy
2. Vegetables 5. Protein Foods
3. Fruit

Parents must pack an ice pack in their child’s lunchbox to keep the food cold.

Parents must provide an appropriate drinking container for water or juice drinks.

Foods that are associated with young children’s choking incidents must not be served to children under 4 years of age; such as, but not limited to, whole/round hot dogs, popcorn, chips, pretzels nuggets, whole grapes, nuts, cheese cubes and any food that is of similar shape and size of the trachea/windpipe.

\*Please no candy, cookies, sugary snacks or sugary drinks.

Thank you for your cooperation.