

# ST. PHILIP PRESCHOOL

## Lunch & Snack Information Guide

Lunchtime is a fun and enjoyable part of the day for the kids! We aim to provide a healthy, balanced environment for every child.

### Catered Lunches

\$4.50 Per Day

We offer delicious catered lunches provided by **Friendly Catering**.

- Orders must be placed before the start of each month.
- Orders are submitted for the **entire month**.
- Find order slips on the bulletin board outside the Preschool Office.

## Packing from Home

If you choose to send a lunch from home, please follow these guidelines:

- **Temperature:** Please pack in an insulated lunch box. We are **unable to heat or refrigerate** food.
- **Preparation:** Ensure all food is cut to an appropriate size for your child's age.
- **Necessities:** Include a napkin, any needed utensils, and a drink (water, white milk, or 100% juice).
- **Healthy Choices:** We do **not allow sugary desserts** such as candy, cookies, and snack cakes.

## Lunch & Snack Ideas

Proteins & Dairy	Grains & Breads	Fruits & Veggies
<ul style="list-style-type: none"><li>• Hard-boiled eggs</li><li>• Tuna or Chicken salad</li><li>• Turkey, Ham, or Cheese</li><li>• Cottage cheese</li><li>• Bite-sized meat cubes</li><li>• String cheese</li><li>• Hummus</li></ul>	<ul style="list-style-type: none"><li>• Whole wheat bagels</li><li>• English muffins</li><li>• Brown bread</li><li>• Whole grain crackers</li><li>• Toasted wheat germ</li><li>• Rice cakes</li><li>• Sunflower seed butter</li></ul>	<ul style="list-style-type: none"><li>• Cucumber slices</li><li>• Grated carrots / Raisins</li><li>• Sliced bananas</li><li>• Applesauce</li><li>• Sugar snap peas</li><li>• Bell pepper strips</li><li>• 100% Fruit jam</li></ul>

Thank you for partnering with us to keep our children healthy and energized!

**St. Philip Preschool Office**