

“BREAKFAST & LUNCH OPTIONS and POLICIES”



HEALTHY EATING, GOOD NUTRITION and PROPER ETIQUETTE are taught and reinforced at our school!

It is extremely important for all our students to eat a healthy, balanced, low-sugar, low-sodium breakfast and lunch each day!

BREAKFAST:

Breakfast is prepared in our kitchen daily. It is served from 7:15 to 8:15 a.m.; (7:15 to 7:45 a.m. for Middle School Students.) Breakfast items include fruits, eggs, cereals, pancakes, etc. Most items cost \$1.00 or less. Money must be sent in cash daily.

LUNCH:

Toddlers thru VPK Students:

A complete balanced lunch is included in the Tuition. Lunch cannot be brought from home.

Kindergarten thru 8th Grade Students:

Students have the following options:

- **CATERED LUNCH:** Kinder thru 8th Grade Students may purchase a healthy hot lunch that is catered and delivered fresh daily from “*Healthy Catering by El Rinconcito Latino*” Restaurant. Cost is \$6.00 per day. Menu is posted monthly on our website. Lunch must be ordered on-line in advance, by Thursday of the previous week. (*Parents must create an Account at www.myschoolaccount.com.*)
- **HOME LUNCH:** Students may bring a balanced, healthy lunch from home in the morning. For the safety of our students, students are NOT allowed access to a microwave oven.* Hot foods should be sent in a Hot Food Thermos. Food deliveries, including food from outside vendors, are discouraged. Exemptions must be requested. Food deliveries must be dropped off at the main office before 11:30 a.m. Students will only be allowed to pick up their delivery at the front desk while on their way to the cafeteria during their scheduled lunch time.
- **SOFT DRINKS OF ANY KIND ARE PROHIBITED.**

** Studies have shown that thousands of children each year are treated in emergency rooms for burns caused by inappropriate use of a microwave oven. According to the [American Academy of Pediatrics \(AAP\)](http://www.aap.org), children can be easily burned by removing dishes from the microwave, spilling hot foods or liquids, opening microwave popcorn bags and other containers, and eating food that is cooked unevenly or has hot spots.)*

POLICIES:

- ***Lunch must be ordered and paid for in advance. Students that have not paid for lunch in advance will be served a turkey sandwich lunch platter and billed the following day.***
- ***Lunch brought from home must be a healthy, balanced lunch.***
- ***Students are responsible for cleaning up after themselves by throwing their personal trash in receptacles.***
- ***Appropriate conduct and appropriate manners are expected at all times.***
- ***Students must not share or sell their foods/drinks/snacks at any time.***
- ***Soft drinks are prohibited. Only 2% Milk, water bottles and/or low-sugar juices are allowed.***