



Lunch Requirements

Please provide a bag lunch labeled with your child's first and last name.

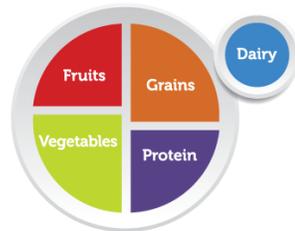
Faithful Beginnings **SUMMER PROGRAM** at St. Michael School is a **PEANUT/TREE NUT FREE** program. We recognize that food allergies can cause serious, life threatening conditions for some of our children. To keep all our children safe, the Preschool Summer Program will aim to eliminate those foods that have been determined to cause allergic reactions in children. Please read labels and pack foods that do not contain nuts. We apologize in advance, but lunches that do not meet the requirements or have labels with the following ; "May Contain Peanut or Tree Nuts", "Processed on shared equipment with Peanuts or Tree Nuts", "Manufactured in a plant with Peanut or Tree Nuts", "Contains Peanut or Tree Nut Ingredients" must be returned to you since they cannot be served.

We thank you in advance for your understanding and compliance with the peanut butter ban as we fully understand that your family is making an accommodation to ensure the safety others.

Lunch Ideas

Also check out <https://www.choosemyplate.gov/> for more ideas!

Protein (1.5 oz)	Vegetable (1/4 cup)	Fruit (1/4 cup)	Grain (1/2 slice or serving)	Dairy (1 cup)
Beef Ham Sausage Pork Turkey Chicken Beans/ Peas Tuna Tofu Veggie Burger Hardboiled Egg	Broccoli Cucumber Spinach Peppers Lettuce Green Beans Corn Carrots Potatoes Cauliflower Peas Celery	Apples Berries Banana Fruit Cup Oranges Peaches Kiwi Cantaloupe Watermelon Raisins	Bread Roll Muffin Biscuit Tortilla Pita Bread Bagels Noodles Oatmeal Rice	Milk Cheese Yogurt



***Please do not send candy, sweets, chips (whole grain tortilla chips are okay).**

***Pretzels and popcorn are not allowed per our state licensing.**

***Grapes, baby carrots and other items that could be a choking hazard must be cut-up.**

***Milk will be served with lunch and will be provided by the Preschool Summer Program. We are not allowed to serve water or juice boxes with lunch.**

***Refrigeration/ Reheating is not available.**