



Heim Elementary
155 Heim Road
Williamsville, NY 14221

Lunch Menu

NO RICE OR PEAS

	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1 6/27-7/1	<u>Chicken Tenders</u> Mac & Cheese, Fruit	<u>Taco Bar</u> Vegetables & Fruit	<u>PIZZA PARTY</u>	<u>Hotdogs & Hamburgers</u> Side Salad & Fruit	<u>Breakfast for Lunch</u> French Toast, Sausage, Tater Tots, Fruit
Session 2 7/4-7/8	NO CAMP	<u>Chicken Salad Sliders</u> Fresh Fruit & Veggies	<u>PIZZA PARTY</u>	<u>Sloppy Joes</u> Fruit & Side Salad	<u>FIELDTRIP DAY</u> *bring nut-free bagged lunch
Session 3 7/11-7/15	<u>Chef Salad Bar</u> Fresh Fruit	<u>Meatball Bombers</u> Fruit & Veggies	<u>PIZZA PARTY</u>	<u>Chicken Patty</u> French Fries & Fruit	<u>FIELDTRIP DAY</u> *bring nut-free bagged lunch
Session 4 7/18-7/22	<u>Taco Bar</u> Vegetables & Fruit	<u>Sloppy Joes</u> Fruit & Side Salad	<u>PIZZA PARTY</u>	<u>Turkey Ranch Wraps</u> Fruit	<u>FIELDTRIP DAY</u> *bring nut-free bagged lunch
Session 5 7/25-7/29	<u>Breakfast for Lunch</u> Pancakes, Sausage, Tater Tots, Fruit	<u>Chicken Tenders</u> Mac & Cheese, Fruit	<u>PIZZA PARTY</u>	<u>Taco Bar</u> Vegetables & Fruit	<u>FIELDTRIP DAY</u> *bring nut-free bagged lunch
Session 6 8/1-8/5	<u>Hotdogs & Hamburgers</u> Side Salad & Fruit	<u>Chicken Patty</u> French Fries & Fruit	<u>PIZZA PARTY</u>	<u>Breakfast for Lunch</u> French Toast, Sausage, Tater Tots, Fruit	<u>FIELDTRIP DAY</u> *bring nut-free bagged lunch
Session 7 8/8-8/12	<u>Pizza Pasta</u> and Fruit	<u>Chef Salad Bar</u> and Fruit	<u>PIZZA PARTY</u>	<u>FIELDTRIP DAY</u> *bring nut-free bagged lunch	<u>Turkey Ranch Wraps</u> And Fruit
Session 8 8/15-8/19	<u>Deli Sandwich Bar</u> And Fruit	<u>Taco Bar</u> Vegetables & Fruit	<u>PIZZA PARTY</u>	Hot dogs and Hamburgers	<u>FIELDTRIP DAY</u> *bring nut-free bagged lunch

				Fruit	
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***Field Trip Days – a nut free, bag lunch is required to be sent to camp with your child.**

Lunch and Snack notes:

Just for Kids strives to offer a nut free zone during our program. Due to the number of children with severe food allergies (specifically peanut and tree nuts), we are unable to allow certain food items to be brought in by students.

Meals and Snacks: *Just for Kids* will provide a cold breakfast daily (7:30-8:00 AM), a hot lunch every non-trip day (approximately 12:00-12:30 PM), and a daily afternoon snack (approximately 3:30-4:00 PM). Should you wish, you may supply your child with additional fruit, vegetables, snacks, lunches, and/or drink in addition to the choices provided by *Just for Kids*.

Some families have inquired about guidelines for lunch options to complement the choices currently provided (please refer to Lunch Menu). Additionally, on Field Trip Days, all campers need to bring a bag lunch from home (please label).

Food brought from home must meet the following criteria:

1. Food items MUST be Peanut and Tree Nut Free (and haven't been processed in a plant that also processes nut products).
2. Fruits and vegetables are always acceptable.
3. Homemade items like sandwiches and leftovers are acceptable. Staff will audit all food brought from home. In an effort to be flexible, we trust that parents use the utmost scrutiny when preparing sandwiches or leftovers to not cross contaminate with nut products.
 - a. If your child brings in a peanut butter sandwich, or food items that have been cross contaminated with peanut, he/she will be asked to leave it in his/her backpack or throw it out. Your child will be offered lunch from our Lunch Menu instead.
4. Outside snacks must be in original packaging so that we can review ingredients – most families have been successful with individual serving sized options.
5. Products containing dairy / egg products are all right to provide.
6. Your child MUST wash his/her hands immediately following the consumption of any “outside” food/snack (all students are instructed to do so prior to snack time).

Together, we aim to meet the needs of students and our goal of providing a safe, healthy environment for all.

Healthy Lunch Bag Ideas

- Tuna sandwich or wrap with lettuce and tomatoes
- Egg salad sandwich
- Sliced turkey, roast beef, or chicken, mustard, and cheese
- Salad
- Cheese sticks
- Whole grain snack crackers
- Fruit salad with grapes, melons chunks, and blueberries.
- Dried fruit, like raisins, dried cranberries or banana chips

- Cold pasta salad, cole slaw, or potato salad.
- Baby carrots and dip
- Crunchy raw green beans with a small container of ranch or french onion dip
- Yogurt

With insulated food jars, you can send hot foods to school. Make sure the foods are heated up to at least 140 degrees before you load them into the insulated jars.