**CREATING AN ELEGANT LUNCH**

* A **nutritious lunch**containing an **ice pack.**No candy, soda, cake, Gogurt or other sugary snacks, please! This also include the morning snack that is sent. Popcorn is also not permitted at this age level due to it being a possible choking hazard.
* Provide **water only**in your child's water bottle and avoid sending juice/milk boxes to school.
* **All food should be sent in easy-to-open, reusable containers.** Please open all prepackaged "bar-coded" food (examples: Lunchables, granola bars, teddy grahams, string cheese, yogurt, goldfish, etc.) Place it into one of these containers).

*(Elegance begins to wane when there are wrappers, cluttering the tables and left on the floor...not to mention ambiance and independence when children are distracted by getting help to open this or that.)*

* Please provide some "practice time" in the evening when you are helping your child pack their lunch for opening and closing these containers independently.
* If your child is enrolled in the Circle Program, please provide them with an extra, adequate snack in a specific, reusable container labeled "Circle Snack" for their afternoon snack.
* We will do our best to encourage, but never force, your child to eat. Uneaten food will never be thrown away, so you will get a clear picture of what your child is eating by what comes home in the containers.