

Lunch and Snacks

Ascension Lutheran School will **NOT** have a hot lunch program at this time and for this reason every student must pack their lunch.

School lunches should include fruits, vegetables, whole grains, and protein foods. Sometimes, small amounts of treats may be allowed, but whole foods should always come first. Making good food choices helps students have energy and feel their best at school. Please refrain from packing a lunch with more than two of these items: chips, cookies, snack cakes, chocolate candy, chocolate spreads, fruit snacks, etc.

Please **DO NOT** send energy drinks, caffeinated beverages, or soda to school with your child.

DUE TO SEVERE FOOD ALLERGIES NO PEANUT BUTTERS, TRAIL MIXES, OR SNACKS IN ANY CLASSROOM.

Independence is strongly encouraged in the classroom, so food should be packed such that the child can open and eat it independently (ie. no hard to open packages or containers). ***Parents should purchase lunch boxes or lunch items that keep food at an acceptable temperature until lunch time. Ice packs, thermoses, or other items are highly encouraged.***

Children will not have access to a refrigerator, stove, or other ways to cook or refrigerate food. Students may have limited access to a microwave, however it may take some time for your student to be able to use the microwave, limiting their time to eat.

On occasion Ascension Lutheran school may offer the option to purchase a hot lunch by working with local restaurants. A notification will be sent home when this lunch is available.

Choking Hazards and Food Items

Due to the tendency for small children to choke on certain foods, Ascension Lutheran School is asking that parents take appropriate precautions for the health and safety of their children and serve food items in a way their child can eat them safely.

While all staff at Ascension Lutheran School are trained in CPR and First Aid, choking accidents may happen if your student brings high risk items to school.

Please serve large circular foods in cuts of halves or quarters. This would include things such as grapes, cherry tomatoes, ect. Kernel popcorn should be avoided in lunches for safety reasons.