

# Guidelines for a Nutritious Lunch

- ✓ No food prepared from home may be shared with children other than your own child. (Illinois State Law)
- ✓ The packed lunch must adhere to the nutritional guidelines of the Academy.
- ✓ Cookies, cake, and dessert type foods which contain high sugar, artificial flavors, and artificial colors are not permitted.
- ✓ Pop is not permitted.
- ✓ The only authorized restaurant food is pizza and deli sandwiches.

## *Suggested lunch items:*

**Sandwich:** chicken, turkey breast, ham, tuna salad, egg salad, or meatloaf

**Vegetables:** raw carrot sticks, celery, cucumber, broccoli, cauliflower, or zucchini

**Snacks:** naturally flavored low fat plain potato chips, plain nacho, or Tortilla chips, plain corn chips, piece of fruit, box of raisins, dates, dried fruit, or pop-up can of fruit

**Artificially flavored and colored chips are not permitted.**

**Drink:** Water or 100% juice. No chocolate products.

**Note:** Lunchables contain artificial flavors, artificial colors, and preservatives therefore, they are not permitted. You can make your own healthy Lunchables with cheese, crackers, and a healthy meat choice.

We suggest a soft side lunch box with a cold pack to keep the food safe. Another suggestion would be to freeze a drink or juice – by lunchtime, it will be thawed. **We do not have space to refrigerate the lunches. In addition, we cannot provide microwave privileges.**

***Due to allergies, please do not send anything to school made with peanuts, nuts, almonds, walnuts, or nuts of any kind.***

## Mrs. Noonan's **NO's**

- † No artificial flavors
- † No MSG
- † No artificial coloring
- † No preservatives
- † No artificial sweeteners /HFCS
- † No Splenda, NutraSweet, Aspartame
- † No form of cookies, cupcakes, candy, refined carbs, etc...



More Healthy Food Suggestions on the Back

# Healthy Food Suggestions

## **Protein**

Milk, yogurt, yogurt shakes, mozzarella cheese sticks, Monterey Jack, Muenster or Cheddar cheese, cottage cheese, pumpkin seeds, sesame seeds, hard boiled egg, tuna, chicken breast, turkey, beef, ham, chili, stew. **Nuts of any kind are not allowed at school.**

## **Carbohydrates**

**Grains:** Rye Krisp crackers, rice cakes, whole grain breads, whole wheat pita pockets, whole grain bread sticks, corn bread, whole wheat crackers, popcorn, rice crackers, corn chips, potatoes, whole wheat pasta, whole wheat pizza, whole grain English muffins, tacos, tortillas, pretzels.

**Fruits:** watermelon, cantaloupe, apples, bananas, grapes, pineapple, blueberries, raspberries, pears, strawberries, oranges, grapefruit, peaches, cranberries, plums, apricots, figs, nectarines, raisins, prunes, kiwi, papaya, mangoes, blackberries.

**Frozen Juice:** (Tropicana, Minute Maid, and Welch all natural) offer a wide assortment of fruit juice blends. Freeze six ounces into a small container and it will be thawed by noon. This is an alternative to the high cost of juice boxes.

**Drink:** V-8 juice, pear, white grape, orange, pineapple juices all come in a bottle, can, or juice box. (Note: fresh fruit and freshly squeezed juice is always better than processed fruit juices that lack all of the nutrients of fresh fruits, including fiber, however they are still good foods.) Please do not send a glass bottle due to breakage.

**Vegetables:** cherry tomatoes, green peppers, zucchini sticks, broccoli, celery sticks, baby carrots, spinach salad.

***Due to allergies, please do not send anything made with peanuts, or nut of any kind.***

***This includes peanut butter sandwiches, crackers with peanut butter, mixed nuts, Granola Bars (with nuts), Chex Mix (with nuts), muffins (with nuts.)***

***Please read the labels.***

***Peanuts and nuts are life threatening to some students.***

*“Your body is your vehicle for life.  
As long as you are here, live in it.  
Love, honor, respect and cherish it, treat it well,  
and it will serve you in kind.”*