

Dear Parents/Guardian,



Thursday is "Pack Your Lunch Day." Your child may bring lunch to school on this day, and we ask that you please follow our nutritional guidelines. The lunch may be packed in a lunch box with an ice pack. Refrigeration and microwave use are not available.

**The list below is a suggestion of items which are acceptable for lunch:**

- Meat, cheese, egg, tuna, or peanut butter sandwiches on bread.
- Jelly needs to be 100% all fruit.
- Lunchables- (NO Candy or Cookies)
- Fresh fruit cut up, and or fruit cups in 100% juice.
- Fresh cut up veggies and dip.
- Applesauce (Natural and no flavors)
- Vanilla yogurt (No Flavors) or (Go-Gurts)
- PLAIN Graham Crackers (No Flavors)
- Goldfish, Popcorn, Pretzels, Pirate Booty, Veggie Straws
- Potato Chips, Tortilla Chips (All Need to be Original Flavors Only)
- Blueberry, corn, poppy seed, banana muffins
- Water bottle, apple juice, 100 fruit juice.

**The following items are NOT acceptable:**

- Capri suns, Kool aid, flavored water,
- Yogurt drinks, Trix yogurt,
- Fruit snacks, Roll ups, Gummies, CANDY
- Cookies, Teddy Grahams
- UNCRUSTABLES
- Fast Food

**Milk will be available if you prefer not to send in a drink.**

