



Dear Centennial Montessori Families,

Please read carefully through each bullet point to gain an understanding of the expectations for our meals:

- **CM provides morning and afternoon snack.** We purchase high quality items such as organic fruits, vegetables, breads, and dairy. Other items are chosen based on wholeness and appropriate balance according to food guidelines for infants, toddlers, and school-age children. Parents are more than welcome to provide snacks for their child if they are not satisfied with the items the school provides.
- **Upon your child's enrollment to school, parents will provide lunch items from home that do not need to be refrigerated or heated.**
 - If your child's lunch items need to be refrigerated or heated, please pack a cold pack or heat items to be placed in a thermos for temperature regulation.
 - **Please pack all items for your child, including napkins, utensils, etc. - CM will not provide these items.**
 - *Lunches should be healthy and substantial (a carb, protein, fruit/veggie, etc.). NO COOKIES OR CANDY please--these items will not be served and sent back home.*
 - Pack items your child can get out and eat independently--the staff helps open certain items, but we are trying to have the least amount of contact with food items as possible at this time. Additionally, we are trying to aid the child in independence in feeding at all classroom levels, so home lunches are expected to support this.
 - Our staff will not be able to keep track of how much each child consumes on a daily basis. Instead, we will send home items that are not eaten so you can see what your child is eating each day.
- **Do not pack items/beverages that contain nuts! This includes peanut butter.** Sunbutter and other nut-free alternatives are fine.
- CM offers hot lunch options through **Grateful Plate**. Please refer to the school website for further details.
- If your child does not come to school with a lunch, we will call you to bring one--unfortunately, we do not have the resources to provide extra lunches.
- **Allergies:** CM does not provide snack or milk substitutions for children with allergies or other food preferences. Parents are required to provide snack and/or milk for these children. If your child has severe allergies to several items, you must bring all snack and lunch items daily—the school will not substitute certain days and provide others. Our goal is to meet every child's needs without any potential risk to their sensitivities.
- Here are some ideas to spark some variety: https://www.pinterest.com/pin/AYchmtjuk-Q3aWloRxTu8pMxHCjB2j6vNujP8rhC1fAc_0lrYiZ_Yto/ .
- Here is a great article on this concept: <https://www.montessoriservices.com/ideas-insights/pack-a-childs-lunch-montessori-style>.
- Healthy lunchbox ideas: <https://www.realmomnutrition.com/15-lunch-box-ideas-for-toddlers/>
- Healthy lunchbox ideas: <https://www.yummytoddlerfood.com/advice/lunchbox-ideas/toddler-lunch-ideas-for-daycare/>

Thank you for your support,

Laura and Sarah