

LUNCH & BIRTHDAY CELEBRATIONS

As stated in our Parent-Student Handbook:

Lunches

Students at CORPUS CHRISTI MONTESSORI SCHOOL are expected to bring their lunch to school daily. Our lunch program provides the opportunity for children to learn life skills such as table manners, proper table talk and proper place settings.

Lunchtime is an important time during your child's school day. A good lunch should provide variety and satisfy one-third of a growing child's daily nutritional requirements. **Please remember we are a nut-free zone.**

Drinking water throughout the day is important for learning. The brain is made up of a high percentage of water, which carries nutrients and oxygen to the cells. Dehydration is linked to poor learning and lethargy. Please ensure your child brings a reusable spill proof water bottle with child's name on the bottle.

* Breakfast should be eaten home prior to school. Please provide a nutritionally balanced **breakfast** for your child. Please refrain from sugary or caffeine items before the school day.

To ensure a relaxed and pleasant lunchtime for all, please observe the following:

1. Please Involve your child in planning, preparing, and packing his/her own lunch will avoid complaints about choices
2. Provide a lunch kit for your child's lunch. Send yogurt and drinks in **small containers that your child can open and close independently**. Please make sure your child's name is clearly marked on lunch boxes and interior containers.
3. Provide utensils (fork & spoon) for your child's meal. Items that need cutting should be prepared at home.
4. Provide a **cloth napkin** and **cloth place mat**.
5. If needed, provide a small, flexible ice pack to keep food cool. (We have observed that frozen drinks do not thaw by lunch time).
6. The school provides milk and water for children to drink. We discourage juice for lunches. If sending juice, please send **100% fruit juice only**.
7. Send fruit and other natural sweets for desserts. Please do not send candy, cakes, cookies and other sugary items to school. The items will be taken up and sent home at the end of the day.
8. Snacks should consist of a healthy choice including a protein and a carbohydrate. Some great examples are:

apples	veggies with dip	yogurt
crackers and cheese	beef jerky	humus
sunflower or pumpkin seeds		

*Unacceptable foods for lunch or snack:	Foods/drinks with excessive			
Highly – sugared foods/drinks, such as,	additives and preservatives, such as,			
Cookies	Donuts	Gatorade	Frozen dinners	any processed foods
Candy	Cake	Hi-C	Hot Pockets	
Sodas	Pudding		Flavored Water (sweetened)	

*These will be sent home if brought in lunch boxes.

If your child forgets his/her lunch and you wish to bring it to them, please deliver the lunch to the front office no later than 11:50 a.m. Cheese sticks, snacks and milk or water will be provided to any child without a lunch. **Parent delivery of fast food lunches (or the like) will be limited to Fridays only. Sodas, milkshakes, tea, candy, etc., are not permitted any day of the school week even on Fridays.** Parents may join their children for lunch any day of the week except for dates scheduled by the State for standardized testing.

CORPUS CHRISTI MONTESSORI SCHOOL cannot microwave or refrigerate daily sack lunches for lower and upper elementary students. Items from home need thermal containers to be kept hot or cold while at school. **(Please see CORPUS CHRISTI MONTESSORI SCHOOL Additional Lunch info packet).** Middle school students will have access to a microwave and can warm their own lunches, this must be limited to 3 min. or less.

Birthday Celebrations

The children enjoy having birthday celebrations in class. Your child is invited to bring pictures showing each year of her/his life. You may want to help your child prepare by going over the events in the pictures. Traditionally, the children bring a snack to share with the class and teacher. The best snacks are those that are in individual servings.

* Please keep treats small and nutritious. Cupcakes, cakes and candy are not permissible. Some suggestions include:

- Cheese with crackers
- Fresh fruit
- Mini muffins or specialty breads
- A bag of popcorn
- Granola or oatmeal cookies
- Dried fruit with shredded coconut
- Chex mix
- Stickers, pencils or erasers
- Rice Krispy treats

It is important that each child receive the same serving and/or the same type of treat! Please do not send drinks with your child's snack. The children are given the opportunity to get a drink of water after they are finished with their snack. **Birthday Celebrations will be celebrated on the last Friday of each month. Please arrange birthday celebrations in advance by contacting your child's teacher. Also, please be aware of food allergies and prepare accordingly (No nuts! Also, please check with child's teacher about other allergies in the class).**

