



Food Brought from Home

Here at MunchkinLand Preschool, we understand that children form lifelong eating habits based on food and beverages served to them when they are young. In our efforts to provide a healthier environment for the children in our care, we have created guidelines for all meals and snacks brought from home:

- Please report any possible food allergies or food intolerances your child may have.
- Food and beverages high in sugar, fat or sodium are **not recommended**.

- Lunch:

- Include items from each food group...

Protein Fruits & Vegetables Grains Dairy

- Provide your child with Milk or Milk substitute every day for lunch.
 - Lunchables are **not recommended**.
- Snacks:
 - Select two items from within the above four food groups.
 - We strongly encourage you to provide water for your child to drink throughout the day.
 - Be sure to clearly print your child's name on all containers and belongings.

