

Lunch Box Suggestions

Main Dish

Sandwich fillings (cream cheese, deviled ham, egg salad, peanut butter, pimento cheese, etc.)
Pasta Salad
Hard-boiled eggs
Macaroni and cheese
Sliced or cubed cheese
Vienna sausage
French toast
Sliced or cubed luncheon meat
Fish sticks

Fruits

Banana
Grapes
Pears
Avocado
Mandarin oranges
Peaches
Applesauce
Raisins
Dried fruit
Fruit cups

Vegetables

Peas
Green beans
Carrots
Broccoli flowerets
Asparagus tips
Tater tots



Snack Suggestions

Applesauce
Goldfish crackers
Fresh fruit (pre-sliced)

Fruit cups
Veggie packs
Chex Mix

Cheese & crackers
Granola/cereal bars

Please send a lunch with a drink each day as well as a snack, packed and labeled separately. Please label everything with the child's name.

Please note that baby bottles and jarred baby food will only be given in our 6-11 month class.

PREVENT CHOKING! Send food in bite-size pieces. Cut grapes in halves or quarters. Cut hotdogs lengthwise. Foods that may be choking hazards will not be served to children under the age of 4. These include whole grapes, nuts, pretzels, popcorn, marshmallows and hot dogs sliced into rounds. Teachers reserve the right to remove these items from lunches.

These are simply suggestions and ideas which may or may not help you. Please send whatever you think your child will eat; however, we do encourage that nutritious food be sent. Please try to avoid sending foods with high sugar content such as jello, pudding, cookies, gummy snacks, pop tarts, donuts and cupcakes. Do not send candy, gum or soft drinks in your child's snack or lunch.

Food allergies: It is Riverbend Christian School's policy to limit or ban peanut butter or other food items on a class by class basis to ensure the safety of all children attending our program. If your child has a specific allergy, please be sure to notify your child's teacher. We request your understanding and respect should the need to limit or ban certain foods arises in your child's classroom.

Parents are to send a nutritious lunch and snack each school day. Riverbend Christian School is not responsible for its nutritional value or for meeting the child's daily food needs.