



Trinity Lunch Guidelines

Lunch at Trinity is a very important part of our day. During lunch we are learning to sit at the table in a social group, we are learning to be independent and open our lunches, feed ourselves, eat a variety of healthy foods, and clean up after ourselves. These life skills are just as important as our ABC's and 123's. Being taught and encouraged to feed ourselves improves our fine motor skills, logic and problem solving skills, and boosts our self-esteem. Please help us teach your children these important skills by sending lunch items in containers they can manage their self (remember teachers have several other children to help too) and finger foods that are healthy and easy to eat. Here are a few specific guidelines...

Please Do Send

- Lunch meat, chicken nuggets, other meats cut into small pieces
- Cheese sticks (cut into small pieces for toddlers/twos)
- Bite size fruits and veggies (fresh or with the juice pre-drained)
- Please cut up grapes and cherry tomatoes (for toddlers/twos)
- Sandwich or roll-ups (cut into small pieces for toddlers/twos)
- Pre-Peeled Boiled Eggs
- Baked crackers (Goldfish, Cheese Its, graham crackers, etc)
- Please put all food items in zip lock baggies or **easy** open containers
- Foods wrapped in foil or plastic wrap are also great
- Always send a **spill proof** cup filled with **plain WATER only!**

Do not send

- Peanut Butter or any other Nut products***
- Heated foods that are messy (Soup, corn, spaghetti, lasagna, rice)
- Pizza or nacho lunchables
- Gogurt or drinkable yogurt
- Nuggets from Chick fil A (They are cooked in Peanut Oil)
- Juice, coconut water, or flavored water of any kind
- Apple Sauce in cups that must have a spoon
- Fruit cups with the juice in them (drain juice at home)
- Un-Peeled Boiled Eggs

Messy foods or dips (Hummus, ranch, Ketchup etc. Remember my teacher has 6-8 little ones to help)
Do Not send bibs, plates, or oversized containers that the child cannot remove from the lunch box or open with minimal assistance - Bento Boxes are **NOT** our favorite. They are hard for your child to open and difficult for us to encourage healthy foods first.

*Sunflower Butter is ok **IF** it is specifically labeled **every time** you send it. It looks and smells just like peanut butter and cannot be identified by our teachers unless it is labeled. We are a nut free school with several children that have nut allergies. Please help us keep them safe until they are old enough to watch out for themselves.