



## Healthy Lunch Suggestions

- Meat and cheese roll-ups
- Left over dinner
- Fresh fruits (cut and prepared)
- Cream cheese and jelly/jam sandwich
- Sunbutter and jelly/jam sandwich
- Egg salad sandwich
- Scrambled eggs
- Pancakes or waffles
- Applesauce with minimal sugar and artificial color
- Veggie burgers/Tofu pups
- Vegetables with dip/hummus
- Pizza
- Yogurt with minimal sugars and artificial color
- Tuna fish sandwich
- Cottage cheese
- Rice and veggies
- Banana bread
- Crackers with hummus
- Quiche
- Grilled cheese
- Cheese and crackers
- Macaroni/Pasta/Potato salad
- Ravioli, spaghetti or other Pastas

**EYCDC does not heat children's lunches.** We will not cook easy to serve foods like Easy Mac and Spaghettios. Heated food may no longer come in a thermos. **Food must come ready to eat and cut up appropriately(always lengthwise to decrease the likelihood of choking).**

Our goal is to provide support to you as you design a nutritionally balanced lunch for your child. We strongly support a diet rich in vitamins and nutrients instead of added sugars, sodium, artificial coloring, and preservatives. These additives can affect sensitive children's digestion as well as behavior.

The following is **NOT** allowed in lunches:

- Juice (even 100% juice)
- Chocolate or strawberry milk
- Pudding and Jello
- Cookies and other sweet treats
- **Children under the age of 3**
  - Popcorn
  - Raisins
  - Grapes and hotdogs not cut lengthwise
- **Peanuts and treenuts of any kind**
- Fruit snack/gummies and fruit leathers
- Chips: Potato chips, cheese puffs or Doritos. (Veggie chips/straws/sticks, Pirate/Veggie booty, Tortilla and multigrain chips are the exception to this rule)
- Cereals and cereal bars/muffins and pastries with sugar content above 8 grams per serving

**\*\*Any food related accommodations for a medical need must have a doctor's note to support it.** This is not a EYCDC policy, this is a state licencing requirement.