



**FIRST ENGLISH
LUTHERAN ELC**

A NOTE ON LUNCHES

We realize how difficult it is to find a variety of packable foods that your child will actually eat, but please try to work within our State mandated guidelines.

- 1 Serving from the meat / equivalent group
- 1 Serving from the bread group
- 1 serving from the milk group
- 2 Servings from the fruit / vegetable group
(In this group you could include a drink)

The amount of food offered shall meet one third the recommended daily dietary allowance for each child served. If you do not meet the requirements we are obligated to supplement your child's lunch on a regular basis we will be forced to charge you accordingly.

A NOTE ON SNACKS

Parent participation by providing A.M. snacks helps our grocery budget considerably! Please keep in mind the snacks need to provide nutritional value and contain at least one food from two different food groups. An easy way to do this is to bring in 100% fruit juice in addition to one other item.

Thank you for your cooperation.