

FELC Early Learning Center and Kindergarten

Lunch & Snack Requirements

We understand the challenge of packing a variety of foods your child will enjoy, and we appreciate your efforts! However, we kindly ask that all packed lunches follow our state-mandated nutritional guidelines to ensure your child receives a well-balanced meal.

Lunch Guidelines

Please include at least one item from each of the following food groups in your child's lunch:

- Protein

Examples: turkey, chicken, hard-boiled eggs, beans, hummus, cheese, yogurt, tofu

- Grain

Examples: whole grain bread, crackers, pasta, rice, pita, tortillas

- Fruit

Examples: apple slices, grapes, banana, unsweetened applesauce, dried fruit (in moderation)

- Vegetable

Examples: baby carrots, cucumber slices, cherry tomatoes, steamed veggies, bell pepper strips

- Dairy (or non-dairy alternative)

Examples: milk, cheese, yogurt, fortified soy or almond milk

Please note: Milk is provided for all students.

Snack Guidelines

Snack time is an important part of your child's day. Snacks should offer nutritional value and must include at least one item from two different food groups.

Example: apple slices (fruit) and cheese cubes (dairy); whole grain crackers (grain) and hummus (protein).

- Parents are asked to provide a group snack once a month to share with the class. We will provide a schedule and reminders in advance.
- Please ensure snacks are nut-free and meet the nutritional guidelines above.

Birthday Treats

Your child is welcome to bring in a birthday treat of their choice to share with the class. Please be mindful of allergies—reach out to the classroom teacher if you have any questions.