

BREAKFAST & LUNCH

Breakfast: Please encourage your child to eat a healthy breakfast before school. Research shows that eating a healthy breakfast significantly improves school performance.

Lunch: One of the most important skills learned in a Montessori environment is the ability to work independently. Encourage your child to prepare his/her lunch daily. Help your child prepare a balanced lunch which includes healthy foods from all food groups. **Studies show that children who eat healthy lunches, with limited sugar, tend to learn better throughout the afternoon.** Sound nutrition is an integral part of their health and wellness. Please support your child in this area of his/her learning and growth.

In keeping with this philosophy, we ask that you note the following when preparing lunches:



- a) All items **MUST BE NUT-free.**
- b) **Candy, gum, fast food items, soda and carbonated beverages are not allowed; these items will be returned home uneaten.**
- c) Pack lunches in re-usable containers that your children can open themselves.
- d) Your child should be able to be able to eat his/her lunch in a ½ hour.
- e) Please “test” new foods at home before putting it in your child’s lunch box. This will help assure that your child will eat what you send.
- f) Please provide all items necessary for your children to eat their lunch, i.e., spoons, forks, etc...
- g) Please choose a lunchbox as small as possible to assist us with the storage of these items.
- h) JBS will provide milk or water.
- i) Microwaves are not available for heating lunches; please send hot foods in a Thermos.
- j) Please use ice packs to keep perishable items cold.
- k) All perishable items regardless of whether or not they have been opened must be discarded per MSDE.

Lunch Ideas:

Instead of:	Consider:
Higher-fat lunch meats	Lower-fat deli meats, such as turkey
White bread	Whole-grain breads (wheat, oat, multi-grain)
Mayonnaise	Light mayonnaise or mustard
Fried chips and snacks	Baked chips, air-popped popcorn, trail mix, veggies and a healthy dip
Fruit in syrup	Fresh Fruit or Fruit in natural juices
Cookies and snack cakes	Yogurt, or homemade baked goods such as oatmeal cookies or fruit muffins
Fruit drinks and soda	Milk or water
Lunchables	Create your own with reusable compartment containers using low-sodium foods.

SCHOOL SUPPLIES



JBS will supply everything (pencils, crayons, rulers, erasers, composition books, glue, scissors, etc) that your child will need during the day, with the exception of lunch and spare clothing. Since all supplies will be kept in the classroom, a book bag / backpack is not needed. We hope this makes your life a little simpler!