



Food Rules at Meadowbrook



Why we love lunch at Meadowbrook

- Our family-style dining is an important school tradition that fosters community, encourages healthy eating, and contributes to the Meadowbrook Way.

Nutritious Meals

- Menus are based on teaching students to build a balanced plate
- Majority of meals are made from scratch.
- Fresh, healthy ingredients replace processed foods.
- Menu includes kid-friendly, nutritious snacks and hearty lunch alternatives.

Community and Leadership

- Fifth- and sixth-grade waiters serve and clear, and help younger students with their meals.
- Students from different grades sit together, forging friendships across ages.
- Teachers encourage thoughtful conversation and model appropriate dining etiquette.

Value and Convenience

- Students benefit from a well-balanced, nutritional plan that includes lunch and snack for approximately \$5.75 per day. Parents know their children are being served healthy food that supports their learning experience.
- Meadowbrook provides a convenient service allowing busy parents to save time



Guidelines for Bag Lunches

- Please put your child's name on the lunch bag
- Lunches are kept in the classroom and can not be refrigerated or heated – please plan accordingly
- Meadowbrook is **nut free – no tree nuts, peanuts or other nuts can be brought into school at any time** (this includes lunches and classroom parties)
- Candy should not be included in lunches and is only served at special occasions throughout the school year. This includes fruit roll ups and other gummy snacks.
- If you include potato chips, or other bagged snacks – please limit the size to $\frac{3}{4}$ oz.
- Please keep in mind the educational aspect of the lunch program and limit dessert offerings. Don't forget to pack fruits & vegetables to balance your child's meal
- All food not eaten will be put back in bags and returned home.
- School will provide water or milk. Please do not send sugared juices or flavored water to school
- Due to allergies – we do not allow students to share their lunches brought from home with their classmates
- If your child comes to school without a lunch, we will provide them a meal and you will be billed \$10.00.