

EVERGREEN MONTESSORI BAG LUNCH REQUIREMENTS

	Age: <u>1-3</u>	<u>3-6</u>	<u>6-12</u>
1. Fluid: Milk	½ cup	¾ cup	1 cup
2. Meat, poultry, fish or cheese	1 oz.	1 ½ oz.	2 oz.
Or cottage cheese, cheese food, or cheese spread	2 oz.	3 oz.	4 oz.
Or egg	1	1	1
Or cooked dry beans, or peas	¼ cup	3/8 cup	½ cup
Or peanut butter, soy nut butter, or seed butters	2 T.	3 T.	4 T.
Or peanuts, soy nuts, tree nuts or seeds	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%

Or an equivalent quantity of any combination of the above meat / meat alternatives.

3. Vegetables and/or Fruit (2 or more)	¼ cup total	½ cup total	¾ cup total
4. Bread or bread alternative	½ slice	½ slice	1 slice

Or an equivalent service of an acceptable bread alternative such as cornbread, biscuits, rolls, muffins, etc. made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain rice or macaroni or other pasta products.

Please send a napkin with your child's lunch.

The school will provide milk.

Please cut into bite size pieces: sandwiches, hot dogs, pieces of chicken, vegetables, fruit, etc.

Based on USDA childcare food guides.