**PRESCHOOL LUNCH PROCEDURES:**

Regulations from the NC Health Department require all preschool lunches to be refrigerated. Please follow these procedures to comply with this rule:

* All lunches must be placed in **a paper lunch bag** (ex: brown or white)
* Please write your child’s **name** and **date** on the paper lunch bag every day in a bold permanent marker.
* Any remaining perishable food items and opened nonperishable food items will be discarded immediately following lunch. Unopened nonperishable food items and re-usable plastic food containers will be sent home in the paper lunch bag each day.
* If a Thermos is brought in with a lunch, it will have to be placed in the refrigerator as well. **Food cannot be reheated in any way once at school**. However, it has been discovered that if hot when placed in the Thermos, the food will be warm when served at lunch even with the refrigeration.
* When you arrive to school, put a Peanut Butter label on your child’s lunch if any product carries nuts or peanut butter.
* Place your child’s lunch in the correct basket provided at the front desk.
* All lunches must still follow the USDA regulations noted below.

Healthy Lunch

The NC Division of Child Development requires all preschool lunches to follow the USDA Food and Nutrition Service regulations.

* 1 serving of milk (provided by the school)
* 2 servings of fruit/vegetable (1 serving = ½ cup)
* 1 serving of grains/bread
  + Bread (1 serving = ½ slice)
  + Cornbread, biscuit, roll, or muffin (1 serving = ½ serving)
  + Cold dry cereal (1 serving = 1/3 cup)
  + Pasta, noodles or grains (1 serving = ¼ cup)
* 1 serving of meat/meat alternative
  + Meat, poultry or fish (1 serving = 1 ½ oz.)
  + Cheese (1 serving = 1 ½ oz.)
  + Egg (1 serving = ¾ of an egg)
  + Cooked dry beans or peas (1 serving = 3/8 cup)
  + Nuts/seeds (1 serving = ¾ oz.)
  + Peanut of other nut or seed butters (1 serving = 3 tablespoons)
  + Yogurt (1 serving = 6 oz.)

**All preschool lunches will not be checked until lunch time when the children take out their lunches to eat, so it will be imperative that all students bring a healthy lunch, following the above regulations, every day.**