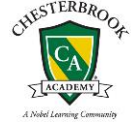




Lunch Guidelines

**CBA is NUT FREE.
No Peanuts or Tree Nuts.**

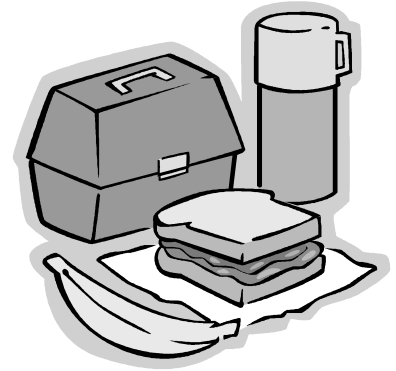


In order to provide a healthy day at school, follow mandated state guidelines, and to ensure a yummy lunch 😊 for your child, please include the following in your student's lunch-pack.

HEALTHY LUNCH

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

- **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)
 - Seeds (1 serving = ¾ oz)
 - Yogurt (1 serving = 6 oz)
- **1 serving of milk** (provided by the school 😊)



Though not mandated, we encourage all elementary age families to please follow these guidelines as well.

Café Days/Optional Catered Lunch Program

If you have opted for catered lunches through our CBA Café Days, offered entrees with sides and a drink adhere to student lunch guidelines as mandated from the state.

INSULATED LUNCH BAG

Lunches from home should to be brought to school in an insulated lunch bag with a re-freezable ice pack. Please note that there is no microwave or refrigerator access for students. If you wish to keep hot foods warm until lunch, please pack a hot thermos in your child's lunchbox.

Please let us know if you have any questions or concerns regarding this policy.
Thank you for supporting Chesterbrook Academy!

Respectfully,
CBA School Administration