

School Dining

Elementary breakfast runs from 8:45 to 9:05 and lunchtime is from 12:15-1:30 p.m. (30 minute blocks). Classes are assigned to specific tables in the dining room. Good table manners should be practiced while eating. Cafeteria monitors supervise students and help them open difficult containers, etc. Elementary students will be offered soup and crackers, salad, or the full menu at lunchtime. Parents are asked to check the monthly newsletter for the daily menu and plan accordingly. No special diets will be provided. Children are encouraged to bring lunch if they do not like what is on the menu.

Monthly menus are sent home with children on the last Thursday of every month. Parents may pay for lunches in advance by sending in cash or check (WHES) in an envelope with the child's name and grade and the words LUNCH MONEY on it. Through the use of a roster, the cashier will account for your child's lunch and remind him/her when money is almost spent.

Charge slips are provided for students who forget their lunch or lunch money. These charges should be paid the next day. A student should have only one charge outstanding at any time. No breakfast charges are available. Parents are responsible for paying all lunch charges incurred by their children. Report cards will be retained on a quarterly basis if charges go unpaid.

Free and Reduced Lunch applications are available in the school office. All applications need to be approved by the Superintendent and remain confidential.

Snack break is part of every class' routine. Children must bring this in from home and it should be nutritious. Classroom teachers will inform you of the process. Children in grades K-3 may purchase snack milk in school. (Milk for snack time must be ordered, in advance, for the week.) Fruit, Jello, cheese & crackers and raw vegetables are suggested as your nutritious snacks that students can bring from home. No snacks are sold to elementary students at mid-morning break.

Children are to eat their own lunches. Food should not be shared. Please put your child's name on his/her lunch box and thermos. No glass containers please.

Food Allergies

While the avoidance of exposure to allergens is critical to preventing life-threatening reactions, the risk of accidental exposure or cross-contamination in school buildings is always present. This is the case for students with food allergies. While the school setting is a high-risk environment for accidental ingestion of a food allergen (due to the presence of a large number of students, cross-contamination of tables, desks, and other surfaces), school officials continue to monitor high risk areas and activities such as classrooms, cafeteria, food sharing, field trips, parties and celebrations, fund raisers and bake sales. School officials also rely on the vigilance and cooperation of parents and guardians. Please read the next section for information that will assist parents and guardians in this matter.

Nut Free Snacks

Here is a list of snacks that are known to be 100% nut free. These are safe to send to school as we do have children with a nut allergy. This list is fairly extensive and does cover most of what children have brought for snacks in the past. *If you must deviate, please read labels to check for traces of all types of nuts, peanut oil, and peanut flour.* Oreo mint and Snackwells do contain these. General Mills and Betty Crocker brand products are very clearly labeled and easy to read in terms of containing NUTS or traces of.

100% NUT FREE SNACKS

Fruit	Wheatables brand crackers
Vegetables/dip	Ritz Crackers – No sandwich style
Cheese	Animal Crackers – No Frosted
Cream Cheese	Yogurt – Most are OK – No stir-ins
Lenders and Thomas Bagels or mini bagels	GoGurts
Fig Newtons	Oreos – Plain
Hunts Snack Pudding Pack	Oreos Double Stuffed
Kelloggs Cereal Snacks – Corn Pops, Fruit Loops, Apple Jacks	Uh-Oh Oreos
Pretzels – Rold Gold are safe and so are most others	Fruit Roll-Ups most are OK
Wheat Thins – plain only	Fruit Snacks – most are OK
Goldfish – No sandwich style	Kelloggs Pop Tarts
Club Crackers	Quaker Fruit Bites
	Quaker Toastables

Quaker Crispins
Nutri-Grain Cereal Bars
Teddy Grahams
Honey Maid Graham Crackers
Honey Maid Graham Sticks
Nabisco Graham Crackers
Handi Snacks with cheese and red sticks
Saltine Crackers
POP-Secret brand popcorn
Lays brand potato chips – plain only
Raisins
Marshmallows
Tostitos brand tortilla chips
Smarties candy
Tootsie Roll Products including pops
Oscar Meyer brand pre-packaged lunch meats
Hostess Cup Cakes – (chocolate with white stripe across top)
Hood Ice Cream cups (Van/Choc)
Hood ½ gallon ice cream (van/choc/straw)

Edy's ice cream (van/choc/straw)
Breyers ice cream (van/choc/straw)
Hersheys syrup (choc/straw)
Cool Whip (any flavor)
Spray Whipped cream (any brand)
Aunt Jemima Waffles/French toast (including sticks, dippers)
Ego brand waffles/French toast/pancakes (including sticks, dippers)
English Muffins
Syrup
Squeezable jelly only
Bacon, sausage, eggs
Jello cups – clear only
Plain Hershey kisses
Plain Hershey bars
Starburst fruit chews
Bubble gum
Dum-dums
Skittles

Please just read the label carefully for any nuts or contaminated by nuts.