

Healthy Eating for Preschool and Kindergarten

Children in the Preschool and Kindergarten programs are provided with two healthy snacks a day. We ask that each child bring in a piece of fresh fruit to contribute to the fruit bowl and requests are sent out each month to help replenish the snack pantry. Milk and water are provided. The Center does not provide juice. In collaboration with the Academy's staff nutritionist we have learned of the nutritional consequences. Excessive intake of fruit juice can decrease appetite for other nutrient and energy rich foods. Over consumption of fruit juice may lead to poor weight gain, diarrhea, abdominal pain and bloating. Children are required to bring their own lunches. Please refrain from sending in excessive sweets and meals that require preparation.

It is imperative that parents notify teachers of any allergies their child may have.

The teachers would like to encourage that children eat a healthy lunch and realize new ideas are sometimes hard to come by. Please use the following list to plan your daily lunches.

Sandwiches:

Breads: Pita Bread, preferably whole wheat
Whole grain or 100% Whole Wheat
Bran, Pumpernickel or Rye
Rice Cakes
Bagels
Norwegian Flatbread Crackers
Matzo
English Muffins
Flour of Soft Corn Tortillas
Pancakes, Waffles, French Toast
(with applesauce, fresh fruit, all-fruit
jam)
Unsalted Wheat Pretzels

Fillings: Turkey Breast, Lean Roast Beef
Egg Salad (light mayo, raisins,
green
peppers, grated carrot, and celery)
Tuna Salad (same variations or
apple, cottage cheese, red pepper)
Chicken/Turkey Salad
Cream Cheese (with raisins,
chopped apples, crushed pineapple,
banana, chopped prunes, carrots,
all fruit jam)
Cheese (unprocessed such as
Swiss or Low Fat Cheddar) with
fresh fruit or raw vegetables
Tossed Salad with light cheese and
dressing
Sprouts/Spinach/Fat Free Cream
Cheese
Baked Bean with Sweet Relish
Meatloaf
Hummus
English muffin Pizza
Cheese or veggie Pizza

Vegetables:

Carrot, Green Pepper, Cherry
Tomatoes, Cucumbers, Mushrooms,
Beans, Peas, Broccoli, Cauliflower,
Celery, Coleslaw, Lettuce
For Dips use low fat salad dressings, yogurt
& spices, vinegar or peanut butter thinned
with apple juice.

Fruits:

Apples, Oranges, Grapefruit, Pears,
Grapes, Banana, Peaches, Plums,
Melons, Pineapple, Raisins,
Apricots, Prunes, Kiwi, Berries,
Canned fruit packed in juice or
water, applesauce.

Others:

Hard boiled eggs, cheese
chunks, Kidney or garbanzo
beans, Pasta salads,
Crackers, Popcorn, granola
(raisins, mixed fruit, yogurt
covered raisins, pretzels
etc) Rice Cakes, Celery with
Cream Cheese, Jell-O,
Yogurt