

VERITAS Community School, CFA
Outside Food Policy

Lunch fuels academic and socio-emotional success in children; therefore, lunches brought from home must reflect a balanced diet. We have devised these portions from the National School Lunch Program guidelines, and we thank you for guiding your child in creating healthy eating habits!

- 2 servings (2 oz.) of whole grains.
 - Examples: whole wheat bread, brown rice, and whole grain tortilla.
- 1 serving (2oz.) protein.
 - Examples: lean deli meat, tofu, beans, and lentils.
- 1 serving (1/2 c., 4oz.) fruit.
 - Examples: apple, banana, grapes, and berries.
- 1 serving (3/4 c., 6 oz. vegetables).
 - Examples: carrot sticks, cucumber slices, broccoli florets, tomato slices, and red or green peppers.
- Water to drink.
 - Please send water every day in a refillable water bottle.

Please note: Any product containing high-fructose corn syrup, corn syrup, sugar above 10 g, sodium above 200mg (for sides), or above 200 calories (for sides) is not allowed.

Recommendations for snacks and lunches:

Brain Boosters: We welcome these items in lunches.

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| • Water | • Granola Bars (no nuts) | • Plain animal crackers |
| • Sunbutter | • Plain yogurt (low sugar, fewer than 10 grams) | • Pretzels |
| • Any and all fruits and vegetables | • Cheese | • Plain popcorn |
| • Raisins and Craisins | • Whole grain crackers | • Chicken, turkey, ham, and beef |
| • Trail Mix (no nuts) | • Goldfish crackers | • Brown bread |

Brain Busters: We don't allow these items in lunches and snacks, and they will be sent home:

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| • Cookies | • sports drinks. | • Baked chips and vegetable chips or straws |
| • Pastries | • Added sugar | • Fruit cups packed in syrup (Fruit packed in water is OK.) |
| • Chocolate | • Refined white flour | |
| • Hot Dogs | • Deep-fried foods | |
| • Fast Food | • Gummy snacks | |
| • Soda or tea | • Lunchables | |
| • Juice | • High sodium snacks and chips | |
| • Fruit-flavored drinks or | | |

VERITAS staff members have your child's best interest in mind and reserve the right to substitute any items your child brings from home with a VERITAS alternative.

Please see our wellness commitments in the Family Handbook for further information on our rationale behind our healthy, balanced lunch guidelines.

VERITAS is a "nut sensitive" school, and as such, we do not allow items containing nuts at school. If these items were allowed, students with severe allergies may come into contact with a student who consumed peanuts or tree nuts and have an allergic reaction. Please avoid bringing foods with peanuts or tree nuts.