**St. Andrew’s Weekday School and Great Beginnings**

**Lunch Policy**

Children who stay for lunch should bring a nourishing meal to school with them, such as a sandwich of meat, cheese, or peanut butter, and a fruit or vegetable. A thermos of milk should be included. If a child does not drink milk, fruit juice without added sugar should be substituted and a food including milk, such as sliced cheese or yogurt, should be added. **All lunchboxes should have a cold pack in them.**

Research has shown that 90% of fatal choking occurs in children younger than four years of age. Examples of foods that present a risk of choking include hot dogs sliced into rounds, whole grapes, hard candy, string cheese, nuts, seeds, raw peas, dried fruit, pretzels, chips, peanuts, carrot sticks, popcorn, marshmallows, spoonfuls of peanut butter, and chunks of meat larger than can be swallowed whole. These foods are not served to children under 4 years of age at our facility.