



Food Policy: Lunch & Snack

At Southbridge Christian Montessori, we believe nutrition plays a key role in a child's ability to concentrate, learn, and thrive. Please ensure your child arrives at school having eaten a good breakfast. Additionally, we ask that families follow the guidelines below.

Lunches & Snacks

- Children bring their own healthy lunch and snack each day
 - No artificial food coloring or high fructose corn syrup — these can interfere with concentration
 - Avoid foods high in processed sugar
 - Students have either a morning or afternoon snack time
- ⚠ *No refrigerator or microwave available — pack items safe at room temperature or in an insulated lunchbox.*

Food Preparation & Independence

At the start of the year, children are taught to:

- Wash, cut, and prepare fruits and vegetables
- Use tools such as apple slicers, child-safe knives, and cutting boards responsibly
- Clean up after themselves, including washing their utensils

You may send simple, whole foods your child can prepare independently such as: cucumbers, apples, bananas, bell peppers, pickles.

This builds responsibility and independence, core values of the Montessori environment.

Allergies & Sensitivities

★ **NO pistachios or cashews** ★
in snacks or lunches

We will always accommodate any allergies or food sensitivities to keep all students safe.

Policy Updates

*This policy may be updated based on the evolving needs of our classroom community.
Families will be notified of any changes.*

