

# The Cambridge School

---

## CAMBRIDGE CAFÉ

Part of the educational objectives of The Cambridge School is to train students to maintain healthy bodies, make wise choices, and produce correct habits.

### Suggested Food Items for a Healthy Lunch

In order to fulfill the objectives, The Cambridge School asks parents to provide healthy choices in the lunch that contain the following:

- ❑ Grains (100% whole grain & multigrain breads, wheat crackers, wheat tortillas, pasta, rice.)
- ❑ Fruits (Canned fruit in water/light syrup, fruit cups, applesauce, fresh fruits in season)
- ❑ Vegetables (carrots, celery, cucumbers, tomatoes, romaine lettuce, salsa etc.)
- ❑ Dairy (2% Milk, yogurt, cheese sticks, cheese slices-American, Swiss, Provolone, Mozzarella, calcium fortified natural juice, etc.)
- ❑ Meats/Meat Alternates (tuna, deli chicken, turkey, turkey ham, beans, nuts)
- ❑ Beverages (Bottled water, 100% fruit juices)
- ❑ Fresh dessert/snack options (Jell-O, pudding, granola bars, trail mix, chex mix, whole grain Sun Chips, Baked Lays, pretzels, corn tortilla chips, Cheez-It, animal crackers )
- ❑ Condiments (mustard, Dijon mustard, lite mayonnaise or Miracle Whip, Low Fat Salad Dressings, Kosher pickle spears, Dill or Sweet Relish, Honey, Ketchup)

### Foods to Avoid

- ❑ Grains (Enriched Flour Bleached-breads)
- ❑ Fruits (Fruit Snacks, Canned Fruit in heavy syrup)
- ❑ Beverages( Carbonated soft drink, fruit drinks)
- ❑ Dessert/Snack (High sugar cookies, doughnuts, cakes, salted nuts)
- ❑ Although convenient Lunchables are high in sodium content.
- ❑ Fast Foods (McDonalds, KFC, etc.)

Each month there will be suggested recipes for lunch in the Cambridge Nutrition News newsletter.

### Working Together!

The Cambridge School is a partnership with parents. As we try to provide you with many suggestions and recommendations we welcome your input. We have a Nutritionist on staff to welcome your questions and suggestions that can be a part of our monthly Cambridge Nutrition News newsletter.

**Please do not send your child a lunch from a fast food restaurant. Lunches containing carbonated beverages, glass containers, food containers with sharp edges, and candy (including so-called fruit snacks) are restricted because of health and safety issues.** Make sure lunches are in a brown paper bag or an insulated lunch box to keep cold foods cool and hot foods warm. Cold/hot packs and thermos can be purchased at many discount stores.

**Note: Teachers are not permitted to microwave lunches for any student!**