



Healthy School Food Policy

- All students are provided with a free and healthy breakfast, lunch and snack. Students may choose to bring a lunch. If so, it needs to align with our Wellness Policy that states "The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value." The reason for this policy is that children are able to concentrate and learn better when they have foods with nutritional value in the bodies.
 - If students bring a lunch to school, it needs to remain in their backpack on the bus. No food, drink or candy can be eaten on the bus.
 - No candy or gum. It is unhealthy and a distraction. If your child brings candy to school, it will be confiscated. If your child chews gum to school, they will be asked to spit it out. They can enjoy candy and gum at home.
 - A student can bring juice with their lunch from home. We cannot allow juice from home with school meals or in the classroom. All students are given milk at meals (even if they bring a lunch from home) and access to water. Students are allowed to bring water bottles to school and have in their class.
 - No cakes, cupcakes, or treats. If a family would like to celebrate a student's birthday, they may bring something non-edible and the same for each student in the class (i.e. a pencil or stickers). Cake, cupcakes or candy can not be shared. There are two reasons for this. We receive federal funding for our lunch program (and it is against that policy) and it is a risk to share food with students who have food allergies. Northeast College Prep does not celebrate any holidays within the school day (because there are so many) so please do not buy or bring Halloween/ Valentine's Day cards or candy. Students learn about different holidays in America and around the world in the curriculum.
 - If you are packing a lunch for your student, here is a list of some foods that are healthy/have nutritional value.
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| • Water | • Graham crackers | • Sandwich with a protein (i.e. cheese or meat) |
| • 100% Juice | • Crackers (i.e. Goldfish Crackers) | • Pickles |
| • Fresh fruit | • Trail Mix or Cereal | • Dried fruit (raisins, cranberries, apricots, banana chips) |
| • 100% fruit snacks | • Fig Newtons | |
| • Vegetables | • Animal crackers | |
| • Cheese | • Pizza | |
| • Pretzels | • Yogurt | |
| • Rice Cakes | | |
| • Popcorn | | |

Our school's Wellness Policy can be found on our website at:
<http://northeastcollegeprep.org/board/policies>

Thank you so much for helping all of our students be able to focus on learning.