



KINDERBOOK LUNCH BAG SUGGESTIONS



KINDERBOOK will provide a refrigerator and a microwave for foods that must be refrigerated or heated. We do recommend that each child bring an insulated lunch bag with an ice pack. We believe each child should have a healthy and nourishing lunch each day. Here are a few suggestions:

LUNCH

- Sandwiches
- Hot dog
- Chicken Nuggets
- Pasta
- Soups

SNACKS

- Fruits
- Veggies
- Yogurt
- Crackers
- Granola Bars
- Cheese Sticks

Juice Boxes or water bottles are good ideas for drinks. **NO SODA OR CANDY PLEASE!!!!** Please make sure all heatups take less than 1 minute. Always make sure your child has at least 1 healthy snack!!



