



Villa Madonna Montessori Lunch Policies

At Villa Madonna Montessori, the child's total health and wellness is extremely important. Essential to human health and well being is physical exercise and proper nutrition.

Nutrition is the total process by which our body uses food. It involves an understanding of our body processes and development and of the nutrients contained in foods. Nutrients and substances (vitamins, carbohydrates, minerals, protein, fat, etc.) are obtained from food during digestion. What we eat, including the chemicals, preservatives, additives, crystallized acid (processed sugar), and drugs (caffeine in chocolate and tea and coffee), affects us deeply: our brain, our organs, and our behavior.

The lunch program at VMM provides a special time for education of the children in manners, etiquette, nutrition, knowledge of health-supporting foods, and community togetherness, along with the important process of digestion. In accordance with the philosophy of Montessori about health and wellness and nutrition, the following policies are presented for the lunch foods brought to Montessori.

1. The drinks that the children bring may include natural juices, low-fat milk, and water. "Pop" or other artificially flavored/colored/sugared drinks are not health-supporting. Some of the boxed fruit juice drinks contain only a small percentage of real juice and contain chemicals detrimental to a person's health. Please read the labels.
2. We encourage the use of whole grain bread, not white bread. White processed flour contains no nutrients.
3. We encourage the use of sandwich fillings such as natural white, low-fat cheeses, vegetables, and tuna in spring water, as well as other whole foods. Avoid chemically processed foods, choosing foods prepared without preservatives, fillers, artificial colors, flavors, and sugars.
4. We discourage "sugar" snacks, such as twinkies, cupcakes, candy bars, and candy.
Please do not pack these for lunch.
5. Food may not be traded or thrown away. This will provide for respecting each child's food program and/or allergies and will enable the parents to know what is being eaten.
6. Refrigeration is not available for keeping food cold. Thermal containers can be used for hot or cold food.
7. Children are not made to eat all of their food. Foods that are not eaten are sent home.
8. Packing small amounts will not overwhelm children and they will be able to eat a variety of food instead of one or two large quantity items.

Dear Parents,

In addition to the above information, please read pages 6-7 in your Parent Handbook.

When we start our extended day for the kindergarten children, lunch will be from 12:00 – 12:30, Monday through Thursday. Ms. Molly will be the lunchroom teacher. Throughout the year, the children will have a turn to lead us in prayer. **Thank you for packing your child a well-balanced lunch. The lunch bunchers will be making their own cloth napkin for use throughout this year. Until they are ready, please pack a clean cloth napkin. We also ask that you use reusable containers rather than throw aways**

Thanks for your support. ☺