

Grace Community School Guidelines for Packaged Meals

PARENT-PROVIDED MEALS: If a parent chooses to provide meals for their child, all three daily meals must be provided. All meals must follow the meal guidelines outlined below.

Grace Community is a part of the National School Lunch Program and provides a FREE healthy breakfast, lunch, and snacks daily.

However, if your child has an allergy that prevents them from taking part in our services we ask that you follow the below guidelines for packing meals. Thank you for your cooperation.

1. Refrigeration space is not available. Packed meals need to be in insulated bags with freezer blocks.
2. Microwave and warming of items is not available. All items must be able to be consumed without food preparation.

Packed meals should NOT include:

Nuts/peanut butter or fish/seafood—due to the increasing number of children with allergies.

Unhealthy snacks such as potato chips, cheetos, etc.

Confectionery such as chocolate bars, cakes, cookies, sweets.

Sugary beverages such as sodas.

Packed meals should INCLUDE:

At least one portion of fruit and one portion of vegetables every day.

Meat or meat alternatives such as cheese, yogurt, etc.

A starchy food such as bread, pasta, rice, potatoes, cereal, etc.

Dairy food or non-dairy such as milk, cheese, yogurt, etc.

All meal containers must be labeled with the child's first and last name.

Grace Community School is a child care facility operating under an exemption pursuant to the laws of the State of Florida and is not subject to licensure or regulation by the Department of Children and Families."

