

CAFETERIA/SNACKS

San Ildefonso Day School follows the **USDA guidelines** for student meals:

- *Students are not allowed to bring snacks to school and eat them during bus rides, recess or instructional times.*
 - *This includes, but is not limited to: soda/pop, energy drinks, sunflower seeds, piñon, Hot Cheetos, candy chips, coffee, coffee drinks, etc.*
- *USDA guidelines prohibit students from drinking soda/pop/energy drinks/coffee/coffee drinks during school hours and/or at lunch.*

San Ildefonso Day School serves a balanced lunch and breakfast that is in line with the **USDA guidelines**. Students are encouraged, but not forced, to try all foods.

- **All students are required by federal guidelines to take milk with each meal.** Students are encouraged to drink some milk, but are not forced to drink all of their milk.
- Second servings will be offered when available. Seconds will only be given to students who have eaten all of their original meal and finished their milk. ***Please talk to your child about healthy eating habits and encourage him/her to eat the food served at school.***
- Breakfast and lunch will be served each day for all students. All students report to the cafeteria for breakfast upon arrival at school. Students will be escorted to and from the cafeteria for lunch according to the lunch schedule. Teachers and staff members supervise students during lunch.

Food and beverages are allowed in the classroom **only when the teacher has scheduled a cooking activity or a classroom celebration**. Parents will be notified in advance of these activities in writing. Celebrations (including Birthdays) will be planned by school personnel. Information on celebrations will be sent home with students.

If your child has food or mild allergies, please bring a doctor's statement to keep in your child's cumulative folder. Dietary accommodations will be made only if the school cook and administration have written documentation on file.

Gum chewing is not allowed at San Ildefonso Day School.