

Meals

All students receive breakfast and lunch each day. The menus are posted and must meet the USDA standards to ensure that the children are eating well-balanced meals. We highly encourage families to take advantage of the school meals.

Due to federal regulations related to funding for preschool (*HSPPS 1302.44 (a)(2)(i-ix) and (b)*), in the past we have not allowed outside food to be brought to school (and because the school provides breakfast and lunch so it was not necessary). However, we do know that some families might prefer to send different supplemental food options for their child, and after reviewing the regulations, it has been determined that some food items brought from home can be allowed. However, with this flexibility comes certain guidelines we must follow in order to protect children who have food allergies as well as continue to meet USDA requirements for nutritious meals.

Find listed below the guidelines which must be followed in order to allow additional outside items that may be brought to the school. Based on our requirements, any foods which do not meet these requirements will not be served to students and will be returned home.

- All outside food should be healthy (for example, fresh fruit and vegetables, cheese sticks, low fat yogurt).
- 100% fruit juices are allowed (although this is already provided at school)
- No peanut butter sandwiches or any item that contains peanuts or peanut by-products (there are students who are highly allergic to peanuts).
- No fast food (Hardees, McDonald's, Arby's, Wendy's, Pizza Hut, etc.)
- No sodas
- No Lunchables (can include candy, high sodium foods, sugary juices)

In addition to meals, please note that food should not be brought in for birthday celebrations. Instead, we highly encourage items such as pencils or stickers.

We highly encourage you to take advantage of the healthy meals we offer at school. Our goal in RPS is to provide everything your child needs to have an exciting and healthy preschool experience.

Special Diets

If a child has special dietary needs due to allergies, a physician must complete the "Special Diet Prescription Form."