



Healthy Lunch Packing

Stepping Stones offers AM and PM snack while parents provide a packed lunch for their child. Food should either be sent in a lunchbox that will be stored in the facility fridge or families can choose to send hot, already heated food in a thermos. As we are not ServSafe certified, Stepping Stones does not heat or reheat food which can be tricky for some of our pickier eaters. We are always willing to work with families and children as kiddos are learning more about themselves and their preferences!

Healthy Cold Lunch Suggestions

*Note these are just suggestions and not requirements

- **Sandwiches:** Use whole wheat bread, and fill with things like turkey or ham and cheese, peanut butter and jelly, or avocado and egg salad.
- **Pasta Salad:** Choose whole wheat pasta and add veggies like cherry tomatoes, broccoli, and carrots.
- **Hummus and Veggies:** Serve hummus with carrot sticks, celery sticks, or cucumber slices.
- **Fruit and Yogurt Parfaits:** Layer yogurt (Greek or regular) with fruit (berries, sliced bananas, etc.) and a sprinkle of granola.
- **Tuna or Chicken Salad:** Use whole wheat crackers or pita bread to make wraps.
- **DIY Lunchables:** Include things like cheese slices, crackers, deli meat, and a small fruit like grapes.
- **Cheese and Crackers:** A simple option that provides protein and calcium.
- **Muffins:** Pack whole-grain muffins for a quick and easy breakfast or lunch option.
- **Edamame:** A good source of protein and fiber.
- **Boiled Eggs:** A protein-packed option that can be eaten cold.
- **Roasted Vegetables:** A great way to get your child to eat their veggies.
- **Cut-up Produce:** Always include fresh fruits and vegetables like grapes, berries, melon, and carrots.