

Lastly, below are detailed instructions and a list to keep on your refrigerator telling you what you can and cannot bring. These are DCF regulations not our personal choices. We will not serve food that violates the regulations and will send home a reminder.

- Each child must bring a lunch box with a cold pack in it to keep items cool. They will not be refrigerated.
- Milk and water are the only drinks that you may send.
- Each child will eat in and with his/her class. Teachers will attend and help the little ones to open and get out their lunches.
- Lunch pick-up will be in the child's morning classroom.
- We will not heat up any food.

Below is a list of items that cannot be brought to school in the lunch box or items that must be prepared in a specific way:

- Grapes and baby carrots must be cut in half (and any other bitesize fruit or veggie)
- No nuts or nut butters of any kind. We are a nut free facility
- No Chips
- Stick Pretzels only
- Milk or water only
- No popcorn
- No hard-candy
- No marshmallows
- Fish or beef must have no bones
- Cheese sticks must be cut in half (long ways)
- Hot dogs must be cut (both long ways and sliced)

We will update this list from time to time though-out the year as issues arrive. Never hesitate to call, text or email your questions to the school.

Meghan Streets

Director, Covenant CDC