

Ladybird Forest Preschool

Lunch Club Guidelines

Here is a serving guide of what children should be eating and how much they should be eating daily:

Healthy Eating *for preschoolers*

Daily Food Plan



Use this Plan as a general guide.

● These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.

● Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
Fruits 	1 cup	1 - 1½ cups	1 - 1½ cups	½ cup of fruit? ½ cup mashed, sliced, or chopped fruit ½ cup 100% fruit juice ½ medium banana 4-5 large strawberries
Vegetables 	1 cup	1½ cups	1½ - 2 cups	½ cup of veggies? ½ cup mashed, sliced, or chopped vegetables 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
Grains Make half your grains whole 	3 ounces	4 - 5 ounces	4 - 5 ounces	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked rice or pasta 1 tortilla (6" across)
Protein Foods 	2 ounces	3 - 4 ounces	3 - 5 ounces	1 ounce of protein foods? 1 ounce cooked meat, poultry, or seafood 1 egg 1 Tablespoon peanut butter ¼ cup cooked beans or peas (kidney, pinto, lentils)
Dairy Choose low-fat or fat-free 	2 cups	2 cups	2½ cups	½ cup of dairy? ½ cup milk 4 ounces yogurt ½ ounce cheese 1 string cheese

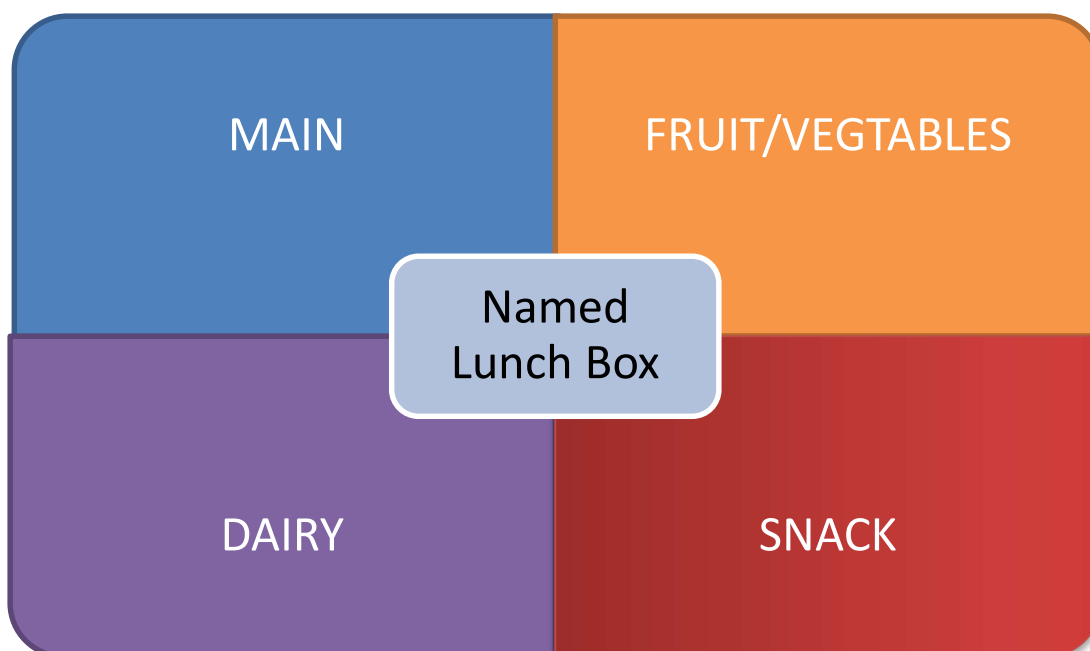
Please make sure your child's lunch box, bottles, and anything else such as forks, pots etc is clearly labelled with their full name, as some children have the same lunch boxes. This will help return any missing items. We have some children within the setting with severe allergies, due to this we are a NUT FREE ZONE.

Children have a morning and afternoon snack with the choice of milk or water. Therefore, we recommend not to overpack your child's lunch box as some children find this overwhelming. Most children eat quite slowly, especially when they are with all their friends, and we only have 30 minutes for lunchtime.

Our menu for After School Club can be found on our website, along with the menu for Snacks and Breakfast Club. (This can be subject to change)

Ladybird Forest Preschool

Lunch Club Guidelines



The guidelines of children ages 2-4 years old is that they should be consuming a maximum of 1400 calories a day with a minimum intake of added sugar and salt.

Please only give water in water bottles and avoid giving milk shakes, smoothies, and juice. As these are not only filling for the children but also have a high calorie and sugar content. Any bottles containing anything other than water will be tipped away and re-filled with water.

All food that are classed as a choking hazard (grapes/cherry tomatoes, blueberries, cocktail sausages) should be cut into quarters, lengthways, if they are not, they will be returned home as we do not have the time to cut up children's food. Popcorn is also a choking hazard, so cannot be consumed at the setting

Recommended lunch box items:

We recommend all children have a main item such as a sandwich, crackers, pasta or wraps. They should then have a portion of fruit and / or vegetables. Children should have a dairy item such as cheese or a yoghurt. We are happy for children to have a treat, but we would appreciate if this was healthy such as malt loaf or baked crisps

We would appreciate avoiding foods with high sugar and salt content such as chocolate, sweets, crisps, fruit winders or any processed fruit snacks, biscuits, smoothie products or jam/chocolate spread sandwiches. Anything with a high sugar or salt content will be left in the child's lunchbox for after pre-school.

Please bear in mind any homemade items or items taken out of the original packaging cannot be checked for allergens by our staff and will also be sent home.

Ladybird Forest Preschool Lunch Club Guidelines

Example lunch box ideas:

