



Dear Parents,

Let's talk about food! A new menu listing the lunch choices comes home at the beginning of each month and it is always listed on the [cbsd.org](http://cbsd.org) site. Children bringing their lunch may purchase milk, juice, or a snack. We find it helpful for students to access money through their lunch accounts. Parents are able to **deposit money into a lunch account on the Parent Portal** for their child and lunch costs will be deducted from the amount. You can send a check made payable to CBSD for a desired amount and then monitor the balance online. Of course you can send money on a daily basis if you would prefer. Please provide your child with a **sealed envelope, or baggie with his/her first and last name** on it to keep money safe.

We give the children a 10 minute mid-morning snack break. We ask that you send one daily snack to school with your child. It should be something that can be eaten in about **5 minutes**. Please make sure that they can **easily open** these items independently as well. Please save snacks requiring utensils for the cafeteria, as our classroom does not have these supplies. **We are a nut free classroom, so please do not send any items that are "produced in a facility that contains peanuts OR tree nuts"**. The children may get drinks from the classroom water fountain and are welcome to bring in a water bottle to use throughout the day. **Please save other beverages for lunch**. If they have a water bottle to keep in the classroom, please also send a separate drink for the lunch box.

Snack and lunch procedures can be confusing for first graders. We will be helping the children during the first few days of school until they become comfortable with the routines. You can help us at home by providing an **appropriate snack** and letting your child know what the snack is (for example, **the outer pocket of the backpack**). Many children think their lunch sandwich is a perfect mid-morning snack! If your child is buying lunch, discuss the possible choices so your child knows which choice to ask for at the cafeteria. **Put your child's name on lunch boxes and bags as well as on water bottles.** Thank you for your cooperation with these matters of the tummy!



Sincerely, First Grade Teachers