



IVYWOOD
CLASSICAL ACADEMY

Good Nutrition is our Mission:

Lunchbox and Snack Guidelines

As we kick off a new school year, let's take a minute to focus on the importance of proper nutrition in your child's everyday life. Packing healthy lunches and snacks for your scholar will help with immunity, classroom performance, physical endurance, and overall well-being.

Here are 3 questions to ask yourself about your child's lunch:



Is there a protein source?

Protein can be found in both plant and animal sources. Protein is important for muscular development and will also help sustain your child throughout the day.



Is there a fruit or vegetable?

Fruits and vegetables (preferably both) will provide your child with vitamins, minerals, antioxidants, and fiber.



Is there a source of calcium?

Growing scholars need calcium for strong bones.

Snack time is another opportunity to provide your child with the fuel needed to feel energized both physically and mentally. Please avoid all types of junk food and sugar filled snacks. Students should have snacks rich in fiber, protein, vitamins, and minerals.

Here are some snack ideas:

Cucumbers, carrots, pea pods
etc with hummus

Nut-free* trail mix
(seeds, dried fruit, etc)

Bananas with SunButter
(or other nut-free* protein-rich topping)

String cheese or cubed cheese
with whole-grain crackers

Applesauce squeezers with a
slice of turkey

Lower sugar yogurt
(Greek yogurt is especially high in protein)

Grapes and cottage cheese

Apple slices with raisins and
SunButter or Wow Butter*


Hummus and pita bread

Pretzels and cheese

Turkey/ ham and cheese
rolls ups with pickles

Nut-free low-sugar granola bars

Minimally processed beef sticks



We look forward to partnering
with you to ensure that our
students are fueled for success
throughout the school day!

* In an effort to prevent anaphylaxis in children with peanut and/or tree nut allergies, **Ivywood Classical Academy is a 100% nut-free school.** This enables students with severe nut allergies to freely and safely sit with any classmate during lunch or snack time. This is in keeping with Ivywood's overall goal to provide a safe and welcoming environment for all scholars.