

NORTH YARMOUTH ACADEMY

LOWER SCHOOL

FOOD & DINING

Food and Dining in the Elementary Program:

Lunch:

Beginning in first grade, students may bring a packed lunch from home or purchase from the variety of options available through NYA Dining. Dining services offers made-to-order sandwiches, homemade soups, a hot entrée, and a variety of healthy snacks each day. All students will have a dining account set up with NYA and may purchase items in the cafeteria using funds pre-loaded on their dining account (cash will not be an option this year). Teachers will assist students in ordering their lunches in advance, and the packaged lunches will be delivered to the Merrill Lower School building. Students will be eating lunches in their classrooms this year.

Snack:

Children's level of hunger varies greatly from child to child and day to day. Children should bring a simple, healthy snack to eat in the classroom each morning. Cheese with fruit and crackers; a hard-boiled egg; vegetable sticks like carrots, celery, cucumber; fruit (whole or cut pieces); granola bars; and yogurt or smoothies are great snack options. Please try to avoid fruit roll-ups, candy, cookies, and chips as snack options. Busy days also lead to busy appetites and students may find themselves hungry again each afternoon. Therefore, students may wish to have an additional snack for the afternoon. Students may bring this snack from home or purchase a snack in the cafeteria to be saved for later. Students staying for After Care should pack an additional snack as no group snacks will be provided this year.

Please Note:

All Lower School classrooms are peanut- and nut-free. Because of potential food allergies, we do not allow peanut butter or nut products of any kind in the classroom. Other food allergies are addressed on an as needed basis.

**Thank you for your assistance in helping our students enjoy healthy,
nutritious food and good company!**