

Nutritious Meal Plan

We have a newly renovated kitchen and provide freshly prepared lunch and snacks every day at school cost.

Healthy eating in childhood and adolescence is important for proper growth and development in addition to preventing various health conditions. The 2015–2020 Dietary Guidelines for Americans recommend that people aged 2 years or older follow a healthy eating pattern to satisfy their nutritional needs. The following will get you on track.

- A variety of fruits and vegetables
- Whole grains
- Fat-free and low-fat dairy products
- A variety of protein foods
- Oils



Resource:

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>

SMS Meal Program

1. Morning and afternoon snack is fruits, cheese, pancakes and bread etc..
2. At lunch, your child will receive a protein, carbohydrates, vegetables, fruits, milk or water. Some of the vegetables are from our garden.
3. Beverages are fruit juice, no fruit drink, and water.
4. Infants join the meal program as soon as they start steady solid food and be able to grasp food and put to their mouths.
5. Parents are welcome to prepare your own food for your child. We also encourage parents to sign up snack sheets to share with the class. And it is a great way for our children to learn diversity of the food.

The meals are served low salt, low sugar, low fat, high fiber, no artificial flavors or colors. If we are not making it ourselves from scratch, we sought to high quality products and ingredients. Our menu are extremely varied, not just hamburger or pizza.

Sometimes the ethnic food or regional specialties menu cause parents' concern that kids won't eat. Studies have found that the taste preference is acquired



through repetition. The philosophy is that when our children are exposed to lots of different tastes, they will be much more open to new experiences when they grow up.

At lunch time, our children competently sit at the tables set with glasses and porcelain plates. Children eat with silverware, graciously pass food to their friends; pour drinks. And when they finish, they scrape their plates and clean their seats. Children learn functional independence through these practices.

Selected Snack and Meal choices

Snack

1. Snack plates with hummus, fruit, veggies, cheese and crake
2. Milk, water, juice, yogurt
3. Fruit: Apple, pear, orange, banana, watermelon, candolop
4. whole grain crackers with strawberry
5. Cheese: American cheese, ricotta cheese, cottage cheese,
6. Sour Cream dip with banana
7. Eggs: boiling eggs, scrambled eggs with toast
8. Oatmeal with raspberries
9. Pancakes, pumpkin pie
10. Grill cheese, Bagel with cream cheese

Lunch

1. Meatball with Bread, soup
2. Shred pork and chicken with BBQ sauce, Sweet potatoes,
3. Taco with shredded romaine, beans or chicken, cheese, salsa, sour cream, and/or avocado
4. Grain bowls with beans, rice, mango, and salsa
5. Chicken Sandwiches / Wraps, cooked carrot
6. Pork chop with mashed potato, steamed broccoli
7. Home make cheese burgers with corn
8. One pot meat spaghetti, beef Lasagna, cooked vegetables
9. Black beans or pinto beans with salsa and
10. International day: Dumplin, Spring roll, stir fried noodles/Rice, Sushi, curry chicken, Taco, chicken quesadillas