

Hanover Township Public Schools

Mountview Road Elementary School
30 Mountview Road
Morris Plains, New Jersey 07950

Ms. Carmen Bellino
Principal

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September 07, 2017

Dear Parents/Guardians,

Lunch begins on the first day of school and it consistently proves to be one of the most important, and sometimes challenging, times of the day! As you ready for the first day, kindly take some of the following into consideration. Additionally, please talk with your child about appropriate lunch and recess behavior and ways to make this time positive.

- A healthy breakfast gets your child off to a great start in the morning. It sets them up for learning for the rest of the day.
- Classes have snacks sometime during the mid-morning. Please send in something nutritious that is *easy to open and eat*, and which can be consumed in a short period of time. These snacks should be packed separately from the lunch. (The teachers will talk more about this on Back-to-School-Night, Thursday, September 14, 2017.) Please be mindful of various food allergies (especially to peanuts) when making selections. It's especially helpful in the younger grades to label the snack and lunch bags individually, to help prevent the child from eating the lunch at snack time.
- Check with your child, before he/she leaves your home, to make sure he/she has lunch/snack. If you ordered hot lunch for lunch, make sure he/she knows this and is aware of what was ordered. When placing hot lunch orders, have your child share his/her input. It's sad to see great lunches thrown away because the child "doesn't eat this."
- We do not have a working cafeteria and we do not provide free lunch. Families are responsible for sending in a healthy lunch to meet their child's nutritional needs. We do have microwaves on premises but items requiring more than a *one-minute* heat-up time (for safety and time reasons) are prohibited. Additionally, we do not allow soups or popcorn to be microwaved (though feel-free to send hot items in in a thermos or send in pre-popped popcorn). If your child is a particularly slow eater, consider NOT sending him/her in with a microwaveable meal. Due to lines and wait time, children who microwave their lunches have less eating time.
- Though our MTV PTA is generous in providing emergency supplies, please send your child to school with all items needed, including utensils (forks and spoons, no knives), plates, and napkins.
- Please refrain from packing glass items in your child's lunch. While I recognize the environmental advantages of using glass over plastic, we don't want any students to get hurt if it breaks. (Accidents happen regularly!!!)
- Our PTA does offer a pay-for lunch program through a local business, Simply Gourmet. Additionally, the PTA offers pizza for purchase on Tuesdays (prepayment is necessary). Information was sent out with the summer packet. Contact the PTA for more information. Order forms are due by September 13th – please pay attention to those time lines.
- Pizza lunch will begin on Tuesday, September 19, 2017, for all patrons. Simply Gourmet lunches begin Monday, September 11, 2017.
- We encourage you to label the inside and outside of your child's lunch bag (and other items – jackets, hats, etc.). The Lost and Found is located at the main entrance. We discourage you from sending your child to school with electronics.
- Lunch is an important social experience for your child. Encourage him/her to reach out to new friends and mix with different people throughout the school year. We will encourage the same and work to promote kindness and great behavior at lunch and recess.

The PTA has shared two links, below, for those of you looking for healthy snack and lunch ideas:

<http://www.parents.com/kids/nutrition/lunch/healthy-school-lunches-snacks/> AND
<http://www.goodhousekeeping.com/life/parenting/tips/a22217/healthier-school-lunch-tips/>.

We appreciate your cooperation. Kindly reach out with any questions or concerns.

Kindly,

Carmen Bellino, Principal

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