

Healthy Meals at School

At Sikh Academy, we are promoting healthy eating. If your child comes to school with unhealthy food, it will be sent back home. Please do not send unhealthy snacks/lunches, juice, pop, chips, candy, etc. to school.

Giving your child healthy food every day is one of the very best things you can do to support them at school. Healthy snacks and lunches give your child the energy they need to be successful.

What does a healthy snack look like?

- Fruits:–Sliced apples, oranges, pears, grapes, strawberries, bananas, berries or cut up melon.
- Vegetables:–Carrot sticks, celery sticks, sliced cucumbers or small pieces of broccoli. A small amount of salad dressing makes a great dip.

Children do not need sugary fruit snacks, fruit roll-ups, fruit in syrup or juice at school. The sugar content is similar to candy. They also get fiber from eating the whole fruit!

What does a healthy lunch look like?

Try to have 3 of the 4 food groups in their lunch (fruits/ vegetables, grains, dairy and protein). Sample lunches:

1. Roti, lentil or vegetable curry, yogurt, carrot sticks, an apple, and water.
2. Cheese sandwich with salad on whole grain bread, orange slices, cucumber slices and water.
3. Pasta with tomato sauce and vegetables, pieces of cheese, grapes, celery sticks, and water.
4. “Veggie burger” (a whole wheat burger bun filled with cucumber slices, cheese, lettuce, tomato and tomato sauce), an apple, a banana, carrot sticks and water.