



Avalon Montessori

395 Ray Thorington Road

Montgomery Al 36117

www.avalonmontessorimgm.com

Lunch Policy Statement 2023-2024

I/We agree to follow and adhere to Avalon Montessori School's lunch policy by providing a nutritious lunch packed from home daily, that is in accordance with USDA guidelines, with a healthy serving from each food group:

Grain Group:

- 1 slice of bread
- About 1 cup of ready to eat cereal
- ½ cup of cooked cereal, rice, or pasta

Vegetable Group:

- 1 cup of raw leafy vegetables
- ½ cup of other vegetables – cooked or raw
- ¾ cup of vegetable juice

Fruit Group:

- 1 medium apple, banana, orange, pear
- ½ cup of chopped, cooked or canned fruit
- ¾ cup of fruit juice

Milk

- 1 cup of milk or yogurt
- 1 ½ ounces of natural cheese
- 2 ounces of processed cheese

Meat and Beans Group

- 2-3 ounces of cooked lean meat, poultry, or fish
- ½ cup of cooked dry beans or ½ cup of tofu
- 2 ½ ounce soy burger or 1 egg
- 2 tablespoons of peanut butter or 1/3 cup of nuts

Both Guardians must sign (unless AMS, in its discretion, permits enrollment with one parent's signature):

Student Name: _____

Guardian 1 Signature: _____ Date: _____

Guardian 2 Signature: _____ Date: _____