



# Avalon Montessori

395 Ray Thorington Road

Montgomery AL 36117

[www.avalonmontessorimgm.com](http://www.avalonmontessorimgm.com)

## Lunch Policy Statement 2024-2025

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	1 cup of ready to eat cereal	1/2 cup of cooked cereal, rice, or pasta	

↓

Vegetable Group		
1 cup of raw leafy vegetables	1/2 cup of other vegetables - cooked or raw	3/4 cup of vegetable juice

↓

Fruit Group		
1 medium apple, banana, orange, or pear	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice

↓

Dairy Group		
1 cup of milk or yogurt	1.5 ounces of natural cheese	2 ounces of processed cheese

↓

Meat and Beans Group			
2-3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans or 1/2 cup of tofu	2.5 ounce of 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: \_\_\_\_\_