



Avalon Montessori

Lunch Policy 2025-2026

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

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

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

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

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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

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: _____