



Montessori of Alameda 21st Century School

Kid's on the Go

Phone: 503-335-3321 Fax: 503-331-3325

Nutrition Policy

Proper nutrition is essential in order for children to succeed at school. There is much research that shows that an organic, sugar free, unprocessed diet leads to better academic achievement.

We understand that labels can be confusing. In order to help our families be more successful at reading labels we have put this list together. Please keep in mind that we are a nut-free school.

Foods recommended by Montessori of Alameda:

- Organic fresh fruits and vegetables
- Unprocessed meats or substitute protein - soy, tempeh, seitan, tofu, beans, hummus, soy butter (Read labels carefully as often the first ingredients are sugar and salt)
- Seeds - sesame, sunflower and soy
- Dairy products or soy milk
- Eggs
- Whole grains- breads, tortillas, crackers, bagels, pastas, rice, etc.
- Pourable beverage 100% juice or other natural product/milk or milk substitute

Foods that are not recommended due to being highly processed or high in salt or sugar:

- All Nuts
- Chips
- Pretzels
- Crackers with hydrogenated oils (ritz, goldfish, wheat thins, graham crackers, etc.)
- Pirate booty
- Fruit leather/fruit snacks
- Chocolate milk
- Yogurt covered dried foods
- Breaded or processed foods
- Lunchables
- Processed meats such as bologna or salami (pressed meats)
- Gogurts or yogurts high in sugar
- Jello
- Pudding
- Dried fruit with sugar (read label carefully)
- Juice boxes, sipper cups/ no straws please

Please keep in mind that we are promoting a healthy nutrition plan in order for your child to be successful at school. Chemicals, table salt, processed or prepackaged foods, sugars of any kind effect behavior and the brains ability to function.

*In order to help your child be successful at lunch we also ask that you remove all commercial packaging such as plastic coverings and place food in an easy to open container. **We are noticing string cheese, yogurts in tubes or cups with removable lids which are difficult for children to open. Often a child does not finish the whole container and creates waste in the classroom. Please use ziplock bags that are reusable and tupperware/gladwear that is easy for them to open.***