

Getting ready for school

Starting school can be a pretty cumbersome process, putting together all supplies and materials needed for a great start. Below are some suggestions that you can follow if needed...

Items you may need to shop for....

- A back pack
- A lunch bag (Remember to get a thermos and small containers for the lunch bag)
- A water bottle
- School uniform/sweaters/shoes
- A spare set of clothes
- A light fall jacket and a warm winter jacket
- Snow gear- snow shoes, gloves, snow pants, muffler etc.
- Name labels for labeling

Make sure all supplies/belongings are labeled with your child's name

Things you need to do before school start....

- Complete any paperwork that the school requires
- Get an updated health appraisal/shot records from your doctor for the school
- Visit the school with your child and meet with the teacher

Lunch & snack ideas in case you need a refresher 😊

(Please remember our infant and toddler rooms are nut free)

1. Main dishes

- Sandwiches- Turkey and cheese sandwich, Ham and cheese sandwich, plain cheese sandwich, Hummus sandwich, cream cheese sandwich, Sun butter and jam sandwich, Pita pocket sandwich with hummus and cucumbers, Pita pocket wedges with hummus or ranch and diced chicken, Mini bagel with cream cheese, Mini bagel sandwich with turkey and cheese, grilled cheese sandwich.
- DIY lunchables with meat, cheese, crackers, and fruit in a lunchbox, Hard-cooked eggs

- Pasta-Pesto pasta, Mac and cheese, Pasta and meatballs, Pasta salad,
 - Bean and cheese burrito, Tortilla with refried beans and cheese, Tortilla with hummus and cucumbers, Tortilla with turkey and cheese rolled up, Black Bean quesadillas with corn,
 - Leftover pancakes with syrup and fruit, Leftover pancakes as a sandwich with nut/seed butter, Leftover French toast with syrup
 - Mini Pizza Rolls with Spinach, Broccoli and Cheese Pizza Pocket
2. **Fruit**-Applesauce pouch, apple slices, fruit cups, fresh fruit slices or any other fresh fruit like raspberries, strawberries, clementines, grapes, banana etc.
 3. **Dairy**- Cheese stick, cheese cubes, cottage cheese, yogurt, yogurt with granola,
 4. **Snacks**- snap peas crisps, chips, pretzels, tortilla chips with salsa, baked chips, Crackers, cheese, fruit, and veggies (carrots, cucumber, snap peas, celery, bell peppers) etc.
 5. **Treats**- Healthy Chocolate Muffin, Zucchini bread, Blueberry Banana Muffin, granola bar, Apple slices with nut/seed butter, cookie etc.