

**CORAL REEF MONTESSORI ACADEMY CHARTER SCHOOL
10853 SOUTH WEST 216 STREET
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Dear Parents,

In order to insure that your child is prepared to work to his or her potential, concentrate, focus, retain information and maintain optimum health, we highly recommend a nutritious diet. Therefore we are encouraging a **NO SUGAR POLICY**.

Suggestions for Breakfast are:

Eggs, fruit, grits, other hot cereals (low in sugar), yogurt, milk (soy milk), whole wheat toast, sausage or any other proteins.

Suggestions for lunch are:

Sandwiches (such as, tuna, turkey, cheese), veggies, fruit, popcorn, crackers, cheese, yogurt, soups, homecooked meals, nuts, raisins (& other dried fruit), rice crackers, pretzels.

Please do not bring in lunchables that contain soda or candy. Under no circumstances will we allow children to consume these products.

Drinks allowed will be fruit juices, water and milk (no chocolate).

The Pre K - K students who have their monthly celebrations are not allowed to bring in sugared or frosted cakes, or cupcakes. Only muffins low in sugar that are homemade are encouraged for these monthly celebrations.

It is vital that we stick to the nutritional guidelines set forth by the school. Only with your cooperation and support can we make this endeavor a success. This is for the benefit of our children.

Sincerely,

Juliet King, Co-Director

Lucy C. Golden, Co-Director