



The Chapel School

What is Lunch Bunch??



Come join the fun!

- Lunch Bunch teaches your child how to manage a longer day
 - Organize their lunch and become more self-sufficient
 - Try new foods and make healthier choices
 - New transitions and growing independence
 - Learning Centers, Craft & Storytime
 - Tooth Brushing

Now when your child asks if he/she can stay for lunch bunch, you will know all the benefits and rewards of easing your child into a longer day that will continue on to Elementary School.



IMPORTANT REMINDERS

- **We are a Peanut & Tree Nut Free School!**
- Please read labels before packing your child's lunch.
- **NO Peanut Butter, or food items that have even traces of nuts in them or are processed in a facility with peanuts or tree nuts.** This will be clearly printed on any food item in **BOLD** letters under the ingredients list.
- Any food items that you send in a container, or Ziploc bag also needs a label for us to read. You can email a copy of the label to chapelschoolmethuen@gmail.com so we can keep it on file if you will be packing it on a regular basis, or cut out the label and send in.
- We will send home any foods in question with a note.
- Thank you for your patience and understanding to keep everyone safe.

Want to try Lunch Bunch for just one day?

Stop in the Chapel Office.

Lunch Bunch & Extended Day Overview

Welcome to Lunch Bunch!! Our afternoon begins at 11:30 AM, when your child is dismissed from their morning classroom. Everyone that is staying for Lunch Bunch will merge into the large classroom.

Our schedule is as follows:

- 11:30 AM – Attendance and Free Choice Center time
- 12:00 PM – Handwashing, then line up with lunch boxes
- 12:15 PM – Lunch in Parish Hall
- 12:45 PM – Outdoor Play (weather permitting)
- 1:15 PM – Tooth brushing, Learning Centers, Craft, Storytime
- 2:00 PM – Lunch Bunch Dismissal

Extended Day Option

- 2:05 PM – Rest time. We are mandated by the state to offer a rest time since the children have been in our care for over 6 hours. We have mats for the children to rest on. Please provide a crib sheet to cover your child's mat. A small blanket can also be brought in. Bedding should be laundered weekly.
- 2:30 pm – Learning Centers, Craft, Snack, Storytime
- 4:00 pm – Final dismissal



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Good Food Choices

- Sandwich (Turkey, Ham, Salami, Tuna, Cheese, Jelly) in bread or rolled
- Pasta, Rice, Mac & Cheese, Chicken Nugget, Hot Dog (cut-up) heated in a thermos
 - Drink – juice box or thermos
 - Fruit or vegetables (cut-up)
 - Salad, Pizza, Cereal, Yogurt

Note: We are not able to heat food here at the school.

Remember to:

- Pack a spoon or fork, if needed
 - Pack a napkin
- Surprise notes are optional. The children love to find them in their lunch
 - Choose foods your child likes
 - For Extended Day, pack an afternoon snack

We will:

- Help your child open bags and containers
- Repack uneaten food so that you can see what they did and didn't eat