



Sant Bani School

Dietary Guidelines

Since our founding, Sant Bani School has required its students and staff to maintain a **vegetarian, egg-free** diet while on campus and during school-sponsored, off-campus trips and events.

We do not have a cafeteria or food service program, so students must pack their snack(s) and lunch each day. Students do not have microwave access. We practice carry-in, carry-out and highly recommend reusable food containers and snack bags.

Daily Meal Times

All students have a break mid-morning for snack and recess. Lunch is at 12:00 PM. We recommend that students who stay for after-school enrichment bring an additional snack to eat at the end of the day.

What are some good snacks to pack?

- Trail Mix • Peanut Butter Crackers • String Cheese • Veggies & Hummus
- Applesauce • Popcorn • Pretzels • Yogurt* with granola and fruit

See below re: yogurt

We aren't vegetarian, so I'm not quite sure what to pack for lunch.

That's ok! There are several options, starting with the tried-and-true peanut butter and jelly sandwich. There are more options than you might think at first - here is a resource that offers plenty of suggestions and recipes:

www.molliekatzen.com/archives.php

What *shouldn't* we include in my child's lunchbox?

- Any food that has egg in it: baked goods, homemade pasta, and salad dressing are common examples of foods to double check.
- Many gelatin goods contain animal product. This includes marshmallow/fluff, jello, and gummy candies.
- Regular mayonnaise; there are vegan alternatives
- Yogurt often contains gelatin, but recently there has been an increase in vegan/dairy free options such as almond, oat, or soy-based yogurts.
- *When in doubt, double check the ingredients list*