

Dear Parents,

September 27, 2022

There is an old saying: “You are what you eat!” That is especially true of young children who need healthy foods to grow healthy bodies and healthy minds. By eating healthy food can our students stay alert and concentrate during the long school day.

It has come to my attention that an increasing number of our students are bringing lunches and snacks that are not nutritious. We want to **strongly encourage** students to **bring healthy lunches and snacks** to school. With this in mind, we are encouraging all students to **bring these healthy foods** to eat:

- Dairy products
- Vegetables
- Cereals
- Fruits (fresh/dried)
- Juices (natural)
- Sandwiches (except chocolate / Nutella / peanut butter)

*****Please remember that BBS is a nut free campus*****

Going forward, we will strongly discourage students from bringing unhealthy foods for lunch or snacks such as: Candy, candy bars, chocolate, chips, soda, gum, sugared drinks and sweets.

On our part, we will try to monitor students’ lunches and snacks. If we see any unhealthy foods in their lunch boxes, we will ask them not to bring these items to school in the future.

Here are some “healthy lunch boxes” choices:



Thank you for your cooperation!

May Salloum – School Head Nurse