



## Important Nutritional Information

### H.F.E. is a "PEANUT-AWARE" SCHOOL!

- Any item containing peanut butter or made in a place where any nuts are used is not allowed. Please read packages and food labels all very carefully! We have many, many students with various nut allergies in every single grade level!
- Peanut butter sandwiches or any treats with peanut butter cannot be brought in sack lunches to school. Sun butter is accepted in place of peanut butter.
- We encourage purchasing milk to go with a sack lunch. If juice is included, 100% fruit juice is preferred.
- Fast food or any food from an outside vendor is not permitted in the cafeteria for the students OR for any lunch guest that joins the child! This is a school policy.
- Pop and candy are not to be included in sack lunches.

Please review the Food & Nutrition Services details in the handbook online for cafeteria guidelines and more!