

J. Allen Axson Montessori School

4763 Sutton Park Court. Jacksonville. Florida. 32224

Dear Parents,

J. Allen Axson Montessori is a promoter of healthful habits in children. As nutrition is an important part of a child's development, we encourage you to pack only wholesome foods for snack or lunch. We will never serve your child candy, cookies, cake, sodas, or other sugary drinks.

From our perspective, excessive sweets affect the child's disposition and therefore, their ability to learn. We will attempt to convince our children that wholesome foods tastes good but it's awfully difficult for a little one to enjoy eating a slice of apple and handful of raisins when their neighbor is downing a Snickers!

Please do not give in to the many pressures in our society that try to defeat good nutrition. Help us make the time your child spends at J. Allen Axson healthy and productive.

Healthy Suggestions

FRUIT	VEGETABLES	SANDWICHES (or equivalent)	SNACKS
Peaches	Carrots	Cheese	Popcorn
Pears	Celery/peanut butter	Chicken	Raisins
Apples	Cucumber slices	Meat slices	Fruit w/yogurt
Oranges	Red/green pepper slices	Deviled eggs	Wheat thins
Plums	Potato salad	Tuna fish	Pistachios
Nectarines	Soy beans	Chili	Granola
Cantaloupe	Pickles	Soup	Fig Newtons
Bananas		Yogurt	Taco chips
Watermelon			Graham
Applesauce			crackers
DRINKS		STEER AWAY FROM AT SCHOOL	
Milk		Fruit roll-ups	
100% Fruit juices (sparingly)		Fruit snacks	
Water		Sweetened cereals	
		Candy bars	
		Cookies/cakes	

Thank you,
Principal Renfro