

Tips for a Successful Lunch

Microwaves for Home Lunch

August 16, 2013

We have four microwaves in each school for our kids that bring a home lunch. We always encourage students and parents to order school lunch — especially after we go “in-house” with our lunch program. However, for some, home lunch is a better option and that’s fine, too. The microwaves are available for student use, we want to make parents aware that there will be wait time involved when sending food items that must be heated

thoroughly or even cooked, such as a frozen entrée/meal. We have invested a sizeable amount of money to accommodate the four microwaves in each lunchroom. Some parents have sent used microwaves to school thinking that because there were only four of them, there was a need for more. Our electrical capacity cannot handle more than 4 micros plugged in at once. Health code requirements prevent us from accepting used microwaves. If you

would like to donate a new, still in the box unit, with relative documentation (user manual/warranty info), we can gladly accept these items for future use.

Below are some tips to make your student’s lunch period go smoothly and give them plenty of time to eat.



PLEASE REMEMBER THE FOLLOWING:

✓ In compliance with our Wellness Policy—do not send soft drinks and candy to school for lunch.

THEY WILL BE CONFISCATED!

✓ Un-popped microwave popcorn is banned from the school lunchroom. Our microwaves cannot cook popcorn at the higher wattage necessary and the micro bags break the interior microwave plates. PLEASE DO NOT SEND MICROWAVE POPCORN. POP IT HOME FIRST THEN SEND IT TO SCHOOL.

Hints and Tips to Make Lunch Go Smoothly

- Prep as much as possible at home . This means: parboil ramen noodles, assemble and cook quesadillas so they only need be warmed through, cook the Mac-n-Cheese, rather than sending uncooked packets of sauce and noodles.
- Send all needed dishes and utensils that are microwave safe (no Styrofoam and no glass).
- Cup-o-Soups cannot go in the microwaves and we cannot give boiling water to students to cook them.
- Pre-cook frozen entrees, pack in lunch with ice/cold packs, then the student just needs to reheat at school..
- Open all canned goods and place in plastic/microwave safe food storage containers, including soups, stews, chilis and vegetable.
- Pre-cut/slice meats and other foods that require cutting, i.e., steaks, chops, pizza, summer sausage/beef sticks, etc.
- We currently do not sell milk. Send a non carbonated beverage or water bottle that may be filled at our water fountain.