



## SCHOOL LUNCH

Every child and family are unique. For some children, buying their own school lunch makes them feel independent and self-assured. For others, it is too much hassle and draws attention to their different eating patterns. This issue is one that each parent-child team needs to discuss in order to come up with a unique solution. How will you address this in your family?

- Some families resolve the “school lunch issue” by reviewing the school lunch menu each week and circling the low phe items, e.g., fruit, vegetables, salad bar.
- Some families review the school lunch menu each week and select one day to purchase lunch—foods and portion sizes are agreed upon beforehand.
- Some families choose to provide a lunch packed at home each day.

### Some considerations for buying a school lunch:

1. Talk with school lunch personnel (lunch room supervisor, nurse, etc.). Alert them to your child’s special needs. This is especially important if you have any questions about ingredients or portion sizes.
2. Is there flexibility in the school lunch program? Can the portion sizes of fruits or vegetables be increased to accommodate not eating the main protein entrée? Can or will portion sizes be measured?
3. Who will supervise the school lunch? Will your child be on an “honor system,” or will school personnel be involved?
4. What is the financial commitment? Is a lunch consisting of sliced peaches and cooked carrots worth the cost of a complete lunch? Is reduced cost a possibility?
5. Will your child also be drinking his/her “milk” at lunch? Where will it be stored? Will you prepare it at home or will it be prepared at school? If so, who will prepare it?

Some sample school lunch menus are attached. How would you adapt / modify them to meet the needs of your child?



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