



Wellness Plan

Nutrition and Health

Quail Hollow promotes healthy lifestyles through physical education, good nutrition, and health education. We encourage children to eat a good breakfast and lunch that includes a protein, grain, milk, and fruit, and to engage in activities both during and after school that provide movement and exercise. Students participate in "Fitness Days" throughout the year to promote movement, exercise and healthy lifestyles.

Birthday and Party Snacks

Quail Hollow has many students with food allergies and restrictions, so we want to encourage families to consider non-food items for birthday celebrations. Some ideas include pencils, stickers, and birthday favors. Donating a book to the class for your child's birthday would also be fun and acceptable. Fruit and/or veggie snacks are also encouraged. All food items must be store bought or prepared by a professional who has a current Food Handler's Permit. Please let your teacher know beforehand if you are planning to bring in a special treat.

Peanuts/Tree Nut Allergies

To protect our students in the elementary schools from possible allergic reactions, CSD Nutritional Services Department does not serve peanuts or tree nuts in any form in school meals.

Please be aware that we have no control over what students may bring from home into the school cafeteria. However, our Lunch Managers go to great lengths to monitor the cafeteria during lunchtime in order to prevent cross-contamination and possible reactions.

If your child is allergic to peanuts or tree nuts please contact the school lunch manager so the kitchen personnel can become familiar with your child's particular needs.