



Cleary School for the Deaf

301 Smithtown Boulevard, Nesconset, New York 11767-2077 631-588-0530 (V & TTY)
 www.clearyschool.org

September 2025

FOOD GUIDELINES

This school year we ask that you send your children’s lunch and snacks, with their names clearly labeled. Lunches can be refrigerated and if needed, should require no more than one minute or less of warming. Food should be sent to school pre-cut and ready for your child to eat (with the exception of heating if needed). Food that has to be cooked for over one minute should be done so at home and then sent to school for quick warming (**less than 1 minute**).

In addition, we would like to address concerns with foods that are a risk for choking for preschool children and students with feeding concerns. Young children are still learning how to chew well and they don't really use a grinding chewing motion as adults do. Although our staff monitors the student's eating techniques to avoid food overstuffing, bites too big for their mouths, and eating too quickly, your assistance in following our guidelines will be a great help in avoiding choking incidents.

Please review the chart below for foods that **should not** be sent to school and foods that should be specifically cut.

FOODS THAT SHOULD NOT BE SENT TO SCHOOL	FOODS THAT NEED TO BE PRE-CUT	PREPARATION
As of September 2019, Cleary Nesconset is a Nut Safe Campus. NO PEANUT OR NUT PRODUCTS PERMITTED		
Popcorn	Grapes	Cut into quarters
Hard Candy	Raw Vegetables	Cubed/bite size
Gummy Snacks	String Cheese	Cut lengthwise/bite size
Marshmallows	Hot dogs & Sausages	Cut lengthwise & then sliced
Peanuts/nuts of any kind	All other meats	Cubed/bite size
Raw carrots		

Keeping your child safe while in our care is our highest priority. We greatly appreciate your cooperation with the above mentioned requests.

Thank you.
 Dr. Jacqueline Simms
 Executive Director