



At Inti Wasi, we believe that healthy eating is more than a necessity—it's a vital habit that shapes lifelong well-being. Our thoughtfully curated Hot Lunch Program is designed to provide students with nutritious, balanced meals that fuel their bodies and minds for optimal learning and growth.

Program Highlights

- **Balanced and Nutritious Meals:**

Each hot lunch includes:

- A main source of protein
- Two servings of vegetables, often in the form of fresh and colorful salads
- A wholesome grain portion

- **Morning Snack:**

We start the day with a light, nutritious snack, typically featuring a fresh fruit or vegetable, to keep students energized and focused.

- **Multicultural Menu:**

Our menu celebrates diversity by introducing children to the flavors of the world. From Argentina to Italy, Peru to India, Mexico to China, our meals expose students to a rich tapestry of global cuisines, fostering curiosity and appreciation for different cultures.

Why It Matters

Developing healthy eating habits early in life is essential for building a foundation of wellness. Nutritious meals not only promote physical health but also enhance students' readiness to learn, helping them stay engaged and receptive throughout the day.

Our Hot Lunch Program aligns with our mission to nurture well-rounded, globally-minded individuals. By offering wholesome, culturally diverse meals, we empower students to embrace new experiences and make informed choices for a healthy lifestyle.