

CAFETERIA & SCHOOL LUNCH VISUAL TOOLKIT

KIT VISUAL PARA LA CAFETERÍA Y EL ALMUERZO ESCOLAR

Routine, food choice, AAC, sensory access, health communication and return | Ages 3-6



PREVIEW LUNCH



WAIT IN THE LUNCH LINE



ASK FOR OPENING HELP



SHOW FINISHED, PAIN OR HELP

32 PAGES | COLOR + LOW-INK | 12 FUNCTIONAL MESSAGES

US Letter + A4 | Pre-K - Kindergarten - Speech - Counseling - Special Education

Preview - wash - choose - carry - sit - open - eat - help - clear - return

A complete accessible school-lunch communication system

12 bilingual message cards

Original visuals for preview, hygiene, line, choice, tray, seat, opening help, eating and return

Color and low-ink

Three cut-apart card pages and one full message menu in each print edition

Lunch sequences

Preview-wash-get, line-choose-carry and sit-open-eat visual routines

Sensory and communication

AAC access, quiet seating, noise support, pain, finished, help and mobility support

Food choice and autonomy

Available choices, no-pressure exposure, enough time and no empty-plate requirement

Plan change support

Menu changes, unavailable food, different seat, schedule changes and snack choices

Individualized planning

Allergy, feeding, swallowing, sensory, mobility, health and adult-support forms

Adult implementation

Prompt card, three narratives, reflection, tracker, answer notes and license

Adults verify food safety, allergy, feeding, swallowing, seating and supervision plans. Communication stays available.

These visuals never replace nutrition, allergy, medical, feeding, swallowing, hygiene or emergency procedures.

Cut on the pale dashed guides



Preview lunch
Repasa el almuerzo



Wash my hands
Lávate las manos



Get lunch or a tray
Recoge tu comida



Wait in the lunch line
Espera en la fila

Point to one step or message



Preview lunch
Repasa el almuerzo



Wash my hands
Lávate las manos



Get lunch or a treat
Recoge tu comida



Wait in the lunch line
Espera en la fila



Choose with communication
Elige comunicando



Carry with support
Lleva con apoyo



Find my seat
Encuentra tu asiento



Ask for opening help
Pide ayuda para abrir



Eat and drink my way
Come y bebe a tu ritmo



Ask for sensory support
Pide apoyo sensorial



Show finished, pain or help
Muestra terminé o ayuda



Clear and return
Recoge y regresa

Preview - Wash - Get

1. PREVIEW / REPASA



An adult shows the lunch source, line, seat, communication and return routine.

2. WASH / LAVA



I use the current hand-hygiene routine with access support.

3. GET / RECOGE



I get my lunchbox or an adult helps with a safe cafeteria tray.

Use the actual menu, lunchbox and cafeteria photos when available.

Adults verify food safety and individualized plans before lunch.

Lunch communication

Respond to words, gesture, sign, AAC, picture, body movement or behavior.



I want this

Quiero esto



No thank you

No, gracias



More or water

Más o agua



Finished

Terminé



I need help

Necesito ayuda



Pain or feel sick

Dolor o malestar

PREVIEW MUESTRA

Do not require speech, eye contact or a full sentence before responding.

Model AAC without replacing or overruling the learner's message.

Accessibility and support

Document who provides each support and what happens when staffing, menu or seating changes.



Visual cue

Señal visual



AAC stays with me

CAA conmigo



Mobility and tray help

Ayuda de movilidad



Opening or utensil help

Ayuda para abrir



Feeding support

Apoyo al comer



Health adult

Adulto de salud

Essential communication and mobility devices remain available throughout lunch.

Qualified adults approve allergy, medical, feeding and swallowing procedures.

Adult-completed allergy, medication and emergency safeguards

Safe and unsafe foods

Verified school list, substitutions, cross-contact and label-check role...

How the learner communicates

Words, sign, gesture, AAC, behavior, pain or body location...

Symptoms and first response

Authorized adult role, medication, nurse and emergency procedure...

Food handling and seating

Cross-contact controls, cleaning, supervision and peer-food boundaries...

Documentation and follow-up

Who records, contacts family and updates the current plan...

PREVIEW - MUESTRA

Use the current individualized allergy and medical plan; visuals do not verify food safety.

Treat pain, breathing, swallowing and allergy concerns immediately.

I can communicate while eating



My communication stays with me.

I may use words, sign, gesture, AAC, pictures, body movement or behavior.



I can show what I need.

I can show want, no, more, water, finished, help, pain or a break.



Adults respond.

Adults respect my message and follow my allergy, health, feeding and swallowing plan.

Do not limit AAC to requesting food only.

Model broader communication such as comment, question, protest, comfort and social connection.

School-lunch access, communication and answer notes

PLAN

- Verify menu, allergy and health procedures
- Prepare seating, utensils and access support
- Keep AAC available through the whole meal

RESPOND

- Respect finished, no, pain, help and break
- Allow enough time without pressure or bargaining
- Respond to choking or allergy signs immediately

SAFEGUARD

- Keep every child supervised and accounted for
- Follow hygiene, feeding and swallowing plans
- Document recurring access or health barriers

ANSWER NOTES

- Eating amounts and appetite vary by child
- Food exposure is not the same as consent to eat
- Adults manage allergy, health and safety for food

SCOPE

This educational resource supports preparation and communication. It does not replace nutrition, food safety, allergy, medical, feeding, swallowing, hygiene, disability-access, supervision or emergency procedures.

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