

NUTRITION, PAGE 2

One of these dessert items would be acceptable:

- Fruit roll-ups
- Fruit snacks
- Jell-O
- Pudding
- Sweet Muffins
- Rice Crispy Treats
- Cookies
- Cakes
- Philly Cream Cheese Bars
- Kudos bars
- Cracker Jacks

Please remember that we do not want our children to get in the habit of expecting dessert after every meal. A piece of fresh fruit is a much better way to satisfy a craving for sugar. Let's make a promise to our children to instill in them the eating habits that we all wish we had.

If you have a recipe or lunch idea that you would like to share, please e-mail it to the school at ama@amaonline.com. Please use "lunch idea" as the subject.

TDPRS Minimum Standard 746.3309 states parents must provide the daily nutritional needs for their child if the child care center does not provide meals for them. However, an enrollment agreement signed by the parent must include a statement that the parent is choosing to provide the child's meals and/or snacks from home and the parent understands the child-care center is not responsible for its nutritional value or for meeting the child's daily food needs.

I, the undersigned parent/legal guardian of _____, understand that the child-care center is not responsible for meeting my child's daily food needs and I agree that I will undertake that responsibility.

Parent/Legal Guardian signature: _____

NUTRITION

Full-day children bring a lunch. The school provides milk for all children who stay for lunch. Please pack the lunch with the following 5 components.

1. Meat or meat substitute: egg, cheese, peanut butter, beans
2. Bread, crackers, pasta, rice
3. A Vegetable (or substitute 2 fruit components)
4. A Fruit (or substitute 2 vegetable components)
5. Dairy product (provided by the school)

Please do not send juice, soda, or candy in the child's lunch box. These items will be sent home.

How often children must be fed?

1. You must offer each child in care for less than four hours at least one snack as specified in 746.3307 of this title (relating to What kind of foods must I serve for snacks?).
2. Must offer each child in care for four to seven hours one meal and one snack,
3. Must offer each child in care for more than seven hours two meals and one snack, or two snacks and one meal, equal to $\frac{1}{2}$ of their daily food needs.

How do I know what a child's daily food needs are?

1. You must serve enough food to allow children second servings for the vegetable, fruit, grain, and milk groups.

Some suggestions from parents for lunch items (remember, we have a microwave in each classroom):

- Leftovers from the night before
- Flat bread or tortillas with lunch meat, cream cheese, cheese or peanut butter rolled up
- Raw vegetable sticks with dip
- Cherry or cut up tomatoes
- Fresh fruit cut up (lemon or orange juice will prevent discoloration)
- Mandarin Oranges
- Macaroni and cheese
- Peanut butter sandwiches cut with a cookie cutter
- Rice cakes with peanut butter & bananas, pimento cheese or cream cheese & cucumber
- Cottage cheese with fruit
- Salad veggies in a bag with dressing on the side to toss in the bag
- Hot dog wrapped in a tortilla
- Boiled eggs
- Refried bean dip with chips and veggies
- Baked potatoes with toppings
- Hamburger Helper or Chicken Voila!
- Mixed Nuts
- Popcorn