



## FOOD PROGRAM AGREEMENT :

I ..... will provide my child (ren)  
..... Food / Snacks following the Federal Child  
Health Guidelines as required.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

### Meals and Snacks Policy

Parents must provide well-balanced, nutritional snacks and lunches. All food needs to be sent to school ready to consume with minimal preparation. Lunch boxes and miscellaneous containers need to be appropriately labeled to prevent loss. We require you to bring snacks and lunches that follow these Federal Child Health guidelines. More information is available at [www.nutrition.gov](http://www.nutrition.gov) . Kids need to bring their own clean water bottle, safe drinking water will be served.

**Please do not send sweets, cookies, chips, popcorn, or processed foods that do not meet this requirement.**

**A LUNCH BOX MUST CONTAIN : FRESH FRUITS, PROTEIN, DAIRY OR DAIRY FREE, VEGETABLES AND GRAINS.**

## **SNACKS CAN VARY : LIKE FOR EXAMPLE, ONE PORTION OF FRUITS or FRUIT BAR, VEGGIES & YOGURT ETC.**

**Birthdays Treats-** Please check with the teacher for classroom guidelines in advance of birthdays.

### **Candy & Nut Free School**

KINDER CABIN IS A CANDY & **TREE** NUT FREE FACILITY. Please be considerate of children with allergies.

Peanut butter, products containing nuts or a trace of nuts, candy, gum, soda, and chocolates **will not be served**.

### **FOOD ALLERGIES**

It is your responsibility to notify us of any allergies or adverse reactions your child may have with certain foods or beverages. Safe drinking water will be served.

Parents must fill the form “Food Allergy and/or special dietary requirement”.

### **See links and pictures below:**

[https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP Posters Serve Tasty ages3-5.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP%20Posters%20Serve%20Tasty%20ages3-5.pdf)

[https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP Posters Serve Tasty ages1-2.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP%20Posters%20Serve%20Tasty%20ages1-2.pdf)

[https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP Posters Serve Tasty ages6-18.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP%20Posters%20Serve%20Tasty%20ages6-18.pdf)

<https://fns-prod.azureedge.net/sites/default/files/resource-files/ServingSchoolMealstoPreschoolers.pdf>

<https://www.choosemyplate.gov>

**EXAMPLE KIDS 1-2 & 3-5 YEARS OLD (SEE BELOW)**



United States Department of Agriculture

# Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

## Sample Meals for Children Ages 1-2

### What is in a Breakfast?

Milk (4 fl. oz. or ½ cup)  
Vegetables, Fruits, or Both (¼ cup)  
Grains (½ oz. eq.)

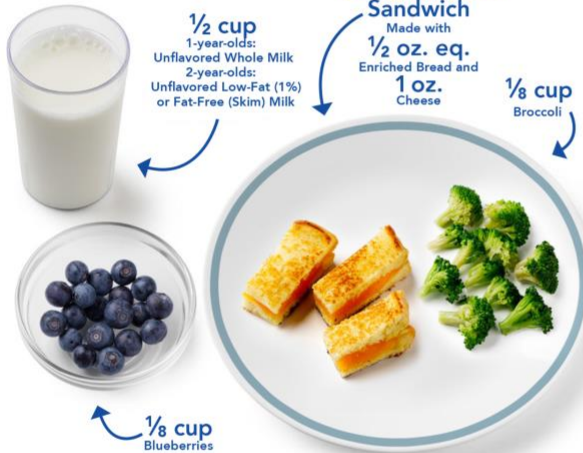
Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



Sample Breakfast

### Grilled Cheese Sandwich

Made with ½ oz. eq. Enriched Bread and 1 oz. Cheese



Sample Lunch/Supper

### What is in a Lunch or Supper?

Milk (4 fl. oz. or ½ cup)  
Meats/Meat Alternates (1 oz. eq.)  
Vegetables (⅓ cup)  
Fruits (⅓ cup)  
Grains (½ oz. eq.)



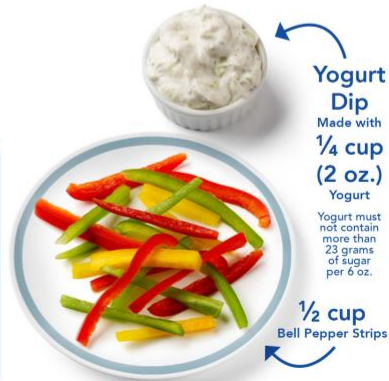
All grains served must be whole grain-rich or enriched.  
Breakfast cereals may also be fortified.  
At least one grain served each day must be whole grain-rich.

### What is in a Snack?

Pick 2:  
Milk (4 fl. oz. or ½ cup)  
Meats/Meat Alternates (½ oz. eq.)  
Vegetables (½ cup)  
Fruits (½ cup)  
Grains (½ oz. eq.)



Offer and make water available all day.



Sample Snack

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at <https://teammnutrition.usda.gov>.



Food and Nutrition Service  
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# Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

## Sample Meals for Children Ages 3-5



### What is in a Breakfast?

Milk (6 fl. oz. or ¾ cup)  
Vegetables, Fruits, or Both (½ cup)  
Grains (½ oz. eq.)

Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

½ oz. eq.  
Whole Grain-Rich  
Mini Pancakes



Sample Breakfast



¾ cup  
Unflavored  
Low-Fat (1%)  
or Fat-Free  
(Skim) Milk

½ cup  
Sliced  
Strawberries

¾ cup  
Unflavored Low-Fat (1%)  
or Fat-Free (Skim) milk



1 Taco  
Made with  
1½ oz.  
Lean Ground Beef,  
¼ cup  
Lettuce\*, and  
⅛ cup  
Chopped Tomatoes

½ oz. eq.  
Enriched Flour Tortilla



Sample Lunch/Supper

A second, different vegetable may be served in place of fruit at lunch and supper. In this meal, the ¼ cup of lettuce and ⅛ cup of tomatoes in the taco meets the vegetables component, and the ¼ cup of sweet potatoes is used to meet the fruits component.

\*Raw leafy greens, such as lettuce, credit for half the amount served. The ¼ cup of lettuce in the taco counts as ½ cup of vegetables in this meal.

¼ cup  
Roasted Sweet  
Potatoes

### What is in a Lunch or Supper?

Milk (6 fl. oz. or ¾ cup)  
Meats/Meat Alternates (1½ oz. eq.)  
Vegetables (¼ cup)  
Fruits (¼ cup)  
Grains (½ oz. eq.)



All grains served must be whole grain-rich or enriched.  
Breakfast cereals may also be fortified.  
At least one grain served each day must be whole grain-rich.

### What is in a Snack?

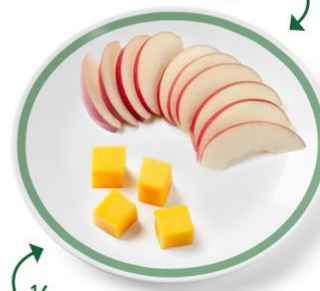
Pick 2:  
Milk (4 fl. oz. or ½ cup)  
Meats/Meat Alternates (½ oz. eq.)  
Vegetables (½ cup)  
Fruits (½ cup)  
Grains (½ oz. eq.)



Offer and make water available all day.



½ cup  
Apple Slices



½ oz.  
Cheddar Cheese

Sample Snack

Note: Serving sizes are minimums.

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