

MEALTIMES

Breakfast is served only until 8:00AM. The kitchen is then closed for preparation of lunch. It is suggested that you arrive no later than 7:50AM for your child to eat breakfast. If you cannot get your child to the center before breakfast is over at 8:00am, please make sure your child has been properly fed. Do not bring breakfast from home for your child to finish eating in the center.

Morning snack is served at 9:15AM and afternoon snack is served at 3:00PM. Parents are asked to bring a morning snack once per month to share with their child's class. Special treats are also allowed for birthdays and special occasions.

Lunch is served at 12:00PM. We serve our meals pre-plated to the children with all the required food components in their minimum serving size, along with their drinking cup at the table.

No child is forced to eat any item; although, teachers will encourage the children to try new foods. New foods will be introduced to the children regularly so they may experience other cultures and food practices. Socialization is encouraged during mealtime.

School age children are offered meals and/or snacks upon return to the center.

Milks provided by the center include Grade A Vitamin D whole milk for children 12-24 months old. 1% milk is provided for children over 24 months of age. The use of other types of milks shall have the written recommendation from the child's physician. Drinking water shall be offered periodically throughout the day.

A qualified cook prepares meals on site daily. Each cook will undergo orientation in kitchen sanitation, food handling and nutrition. Our menus are age appropriate and meet USDA requirements. Menus are posted in the entranceway of the center and on every classroom parent board. Parents will also receive a monthly menu. Any menu changes are recorded and posted outside the kitchen. Any food that is delivered is handled in accordance with the CACFP guidelines.