

**TENDER TOTS**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>Breakfast 8:45</b>				
COLD/HOT CEREAL BANANA MILK*	WAFFLES APPLE/Applesauce MILK*	ENGLISH MUFFIN PEACHES MILK*	COLD/HOT CEREAL BANANA MILK*	PANCAKES FRUIT CUP MILK*
<b>AM Snack 10:45</b>				
YOGURT FRUIT CUP MILK	FRUIT SALAD MILK	GRAHAM CRACKERS or BANANA/BLUEBERRY muffin JUICE/MILK	YOGURT JUICE	GOLDFISH CRACKERS MILK
<b>Lunch 12:45</b>				
CARROTS CHEESE PIZZA BANANA MILK	PEAS FISH STICKS PEARS FR. FRIES MILK	BROCOLI GRILLED CHEESE APPLE JUICE MILK	CORN BAKED CHICKEN PEACHES MASHED POTATOS MILK	GARDEN SALAD TURKEY & CHEESE SANDWICH APPLES MILK
<b>PM Snack 2:45</b>				
FRENCH TOAST STICKS MILK/JUICE	MIXED FRUIT MILK/JUICE	YOGURT BANANAS MILK/JUICE	COOKIES MILK/JUICE	YOGURT/ICE CREAM GRAHAM CRACKERS MILK/JUICE
<b>Dinner 4:45</b>				
FRENCH FRIES FISH STICKS BANANA CHOICE OF BREAD MILK	BROCOLI GRILLED CHEESE PEARS FR. FRIES MILK	CORN BAKED CHICKEN PEACHES CHOICE OF BREAD MILK	LETTUCE TURKEY & CHEESE SANDWICH MASHED POTATOS MILK	CHICKEN NUGGETS JELLO W/FRUIT POTATOE WEDGES CHOICE OF BREAD MILK

PLEASE REMIND US OF ANY KNOWN FOOD ALLERGIES

POSSIBLE SUBSTITUTIONS, CEREAL (GRITS/OATMEAL/CRM-OF-WHEAT/LIFE (BOTH FLAVORS)/CHEERIOS (BOTH FLAVORS)/CORN FLAKES/FROSTED FLAKES)

\*1% MILK IS REQUIRED TO BE SERVED, PER NEW STATE REGULATION, TO CHILDREN 2 YEARS & OVER. WATER IS MADE AVAILABLE THROUGHOUT DAY

WATER IS ACCESSIBLE THROUGHOUT THE DAY FOR YOUR ALL CHILDREN OVER 1 YEAR OF AGE

INFANTS 12- 24 MONTHS MAY HAVE PART OR ALL OF THE COMPONENTS, DEPENDING ON CONSISTENCY

YOU, THE PARENT, CAN FEEL FREE TO SUBSTITUTE ANY OF THE COMPONENTS FOR **EQUAL NUTRITIONAL VALUE**.

**Nutrition:** Research shows that establishing healthy eating habits early in life has positive effects on a child's health and well-being. The **Maryland State Department of Education administers the Child and Adult Care Food Program (CACFP)**, a nutrition education and reimbursement program for licensed child care centers. The CACFP helps child care providers serve nutritious meals, meals whose contents are **low fat, low sugar, low sodium and nut less**. When a parent chooses not to participate in eating CACFP-approved foods they must follow these guidelines.

- **FOOD ALLERGIES** - If a parent or guardian requests a modified diet for **medical reasons**, a written prescription from the child's health practitioner must be provided to the Center and be updated every six months. The prescription must specify which food(s) should be deleted from a child's diet. You may not share any foods with our children. Many of our children suffer from food allergies. Foods that you bring with you into the Center must be stored in the refrigerator in the Teachers Lounge. If you want to prepare and share a treat with the children ask the teacher first about guidelines.
- **FOOD PREFERENCES** - If a parent or guardian requests a modified diet for **religious and/or cultural reasons**, dated instructions for the diet must be signed by the parent or guardian. These instructions must be provided to the Center and be updated every six months.
- The parent or guardian can expect full cooperation from all staff in the maintenance of a modified diet for a child. The Center will expect consistency in maintenance of the diet on the part of parents and guardians. All food provisions coming from home must follow the diet every day or be revised by the parent or guardian.
- To prevent cross contamination of food items and to prevent allergic reactions **all foods must be in labeled, plastic containers with secure lids**. The **label should identify the food and include the child's name**.
- We do not have adequate refrigerator space so a cold pack must be included in a child's bagged lunches to avoid food spoilage and possible food poisoning.
- The Center is a **peanut-free and tree nut-free facility**. Additionally, the following food items are considered **choking hazards** and may not be brought into the Center from home:

raw carrots	raisins	seeds/nuts
popcorn	pretzels	whole grapes
chunks of meat	cherries with pits	round or hard candy
raw celery	chips	gum
marshmallows		nuts

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Any of the above items mistakenly brought to daycare will be immediately discarded.

***Infant diets*** are unique to each child. Therefore, parents must provide all food items for their infant. You are responsible for providing prepared bottles for your infant daily. Please consider your child's normal intake as you prepare the bottles. Leftover contents of a bottle will be discarded after two hours. Unused bottles will be returned to the parent at the end of each day. All bottles and lids must be clearly marked with your child's name. Breast milk must be in labeled bottles with name and date. All breast milk must be used within 24 hours. Frozen breast milk must be used within six months. Please wash and sanitize all bottles thoroughly when you arrive home. ***Do not add medication or cereals to bottles.***

Infant food items must be in unopened jars or in a microwaveable container. Leftovers will be discarded. Unused items will be returned to the parent at the end of the day.

Your baby, at 7 – 9 months, may have a good appetite but will not have many teeth, so finger foods must dissolve easily in his mouth. As he grows into a toddler, you'll be able to give him bite-size pieces of whatever you're eating. The food should be easy to handle but not present a [choking hazard](#). And be sure to choose [food that's appropriate for his age](#). Here's a list of finger food favorites:

- O-shaped toasted oat cereal or other low-sugar cereal
- Lightly toasted bread or bagels (spread with vegetable puree for extra vitamins)
- Small chunks of banana or other very ripe peeled and pitted fruit, like mango, plum, pear, peach, cantaloupe, or seedless watermelon
- Small cubes of tofu
- Well-cooked pasta spirals, cut into pieces
- Very small chunks of cheese
- Chopped hard-boiled egg
- Cut-up raisins, softened dried apricots, or stewed prunes
- Small pieces of well-cooked vegetables, like carrots, peas, zucchini, potato
- Small well-cooked broccoli or cauliflower "trees"
- Pea-size pieces of cooked chicken or other soft meat
- Rice cakes or crackers broken into small pieces

**No GUM chewing is permitted by anyone in facility.**