

Calvary Childcare Center

Lunch Policy August 2018

Good nutrition is vital to children's overall development and well being. In an effort to provide the best possible nutrition environment for the children in our program, Calvary Childcare Center has developed the following child care nutrition policies to encourage the development of good eating habits that will last a lifetime.

As required by DHS-Licensing, Calvary Childcare is attentive to the nutritional needs of our children. All lunches must contain an item from each of the following food groups: fruit, vegetable, whole grain and meat/protein. In addition, milk will be served to all children. If your child has a documented dairy allergy, we can work with your family to provide an appropriate milk alternative (i.e. soy or lactaid). Water will be offered in addition to but not as a substitute to milk. If a child's lunch doesn't contain the required four food groups Calvary Childcare will supplement as needed, charging the appropriate fee. We will also encourage your child to eat their "healthier" options first, but per licensing mandate we are not able to dictate the order in which children choose to eat their lunches. Please provide foods that are wholesome, low in fat, sugar and salt. From years of experience, Calvary Childcare doesn't allow Lunchable meals or frozen entrees, and discourages tube type yogurt and candy of any type.

Calvary Childcare Center is sensitive to food allergies. Because of the severity of nut allergies that can occur throughout the center, we are asking that all families refrain from sending foods that contain tree nuts, peanuts or peanut butter. Foods found to contain peanuts or tree nuts will be sent home unopened.

Please keep in mind that being in a new class and eating lunch with friends is a new experience for many of the children. Because of this, don't be surprised if they are coming home with a lot of leftovers; it's hard to be social and eat at the same time. But rest assured, if they're hungry enough, they'll make the effort to eat. We do encourage children to bring home any unfinished foods so that you're aware of their general eating patterns.

In accordance with guidelines set from licensing, we refrigerate all lunches during the morning. Please place your child's lunch in the designated basket upon arrival each day and remember to provide an ice pack to ensure perishable foods remain cold until refrigerated. Also keep in mind that all foods must be pre-cut and ready to eat with minimal assistance from the teacher. Calvary Childcare provides milk, water, cups, napkins, spoons and forks. Each classroom is also equipped with a microwave for reheating items; send items that need to be microwaved in a microwave safe container (not a plastic bag). Please label all lunch items—lunch box and reusable containers used. It is helpful to have both containers and their lids labeled, especially when reheating is done.

We know sometimes it's difficult to come up with lunch ideas so we've included some ideas taken from the lunch boxes of former students. We're always surprised and delighted by the creativity we see in lunches and look forward to another year of great ideas.

Bon Appetit!!!

Lunch Ideas:

- * Quesadillas: melted cheese, melted ham & cheese, tortillas used instead of bread to roll up favorite meat and cheese
- * Leftovers from dinner
- * Sandwiches of any kind: ham, turkey, tuna salad, bologna, cream cheese & jelly, butter & jelly, soy-nut or sun-nut butter
- * Cubed ham, salami slices, pepperoni circles, turkey or ham rolls
- * Hard boiled eggs (pre-peeled)
- * Hummus or salsa
- * Crackers of any kind; plain or with jelly
- * String cheese (we will remind children to tear into safe bites), cubes of cheese, cheese slices
- * Veggies & dip: skinny carrot sticks/chips, cucumbers, pepper strips
- * Fresh fruit & fruit dip, applesauce or fruit cups
- * Yogurt cups (tube yogurt is difficult to open for small hands)
- * Pre-cooked chicken nuggets or mini hot dogs with ketchup
- * In thermos or microwave safe dish: chicken noodle soup, pasta dishes
- * Dry cereal (we can add milk); please provide a little bowl
- * Pre-cooked waffles or pancakes with syrup
- * Puff corn, veggie straws, graham crackers or mixed dry cereal

While packing lunches, make sure all food is prepared and cut to eliminate any choking potential. For all children, all foods need to be cut to a safe size (i.e. grapes (half or quartered), hot dogs (long slices, not circles), carrots (long way)). Unprepared foods will be sent home.

Meal time is also a time for learning! Children of all ages, especially our toddlers, are working on fine motor skills, self-help and independence. Please keep these in mind when sending foods, as we want children to experience success.

Please also keep in mind that serving lunch is a busy and demanding time for the staff. We appreciate your assistance in making lunches that are prepared and easy to serve.

We are here to help with the process; please feel free to ask any staff member for additional clarification or ideas.