

THE FOLLOWING REQUIREMENTS ARE FROM THE NORTH CAROLINA STATE LAW NUTRITIONAL REQUIREMENTS FOR ALL 3-5 YEAR OLD CHILDREN ATTENDING SCHOOL.

The following is the minimum amount of food which can be served to comply with the licensing standards for adequate nutrition:

Midmorning or Mid-afternoon Snack:

Select 2 out of these 4 choices:

1. Milk, fluid* (1/2 cup)
2. Meat or meat alternative (1/2 ounce)
3. Juice, fruit or vegetable (1/2 cup)
4. Bread (enriched or whole grain) 1/2 slice, cereal (cold or dry 1/3 cup), (cooked 1/4 cup)

Lunch:

All 4 are mandatory:

1. Milk, fluid*
2. Meat or meat alternative (meat, poultry or fish cooked: lean meat without the bone)
 - cheese)1 1/2 ounces)
 - egg (1)
 - cooked dry beans and peas (3/8 cups)
 - peanut butter (3 TBS)
3. Vegetable and or fruit (2 or more) = 1/2 cup
4. Bread or bread alternative (enriched or whole grain) =1/2 slice

*If you child is allergic to dairy products, you may send SOY or GOATS MILK