

TO:
FROM: CINDY KARRIKER
SUBJECT: COMPONENTS OF A NUTRITIOUS LUNCH
DATE: 2/21/19
CC:



Under our NC DCD Child Care license our regulations state that the children must have a nutritious lunch. On Teacher Work Days/Holidays/Summer Camp a nutritious lunch from home should follow the attached guidelines. When making your child's lunch please use this check list to be sure the lunch is in compliance with the guidelines we are required to follow:

_____Milk – 1 Cup – BASP provides 1 Carton of plain milk

_____Meat/Meat alternate – {lean meat, protein product/cheese/eggs/beans/peas, peanut or seed butters (we do have several with severe allergies to this – please alert a staff member if your child has nuts of any type), yogurt – plain or lightly sweetened}

_____Vegetables

_____Fruit

_____Grains

Thank you for your assistance with this. If you have any question, please feel free to call me at 704-658-2681 and I will be happy to help you decipher the guidelines.