	hady olosean all bay section on	n page 4 of this application for fur	artifici illiorifiation regarding fair		
CHILD'S LAST NAME	CHILD'S FIRST NAME	CHILD'S MIDDLE NAME	CHILD'S GENDER: Male/Female	CHILD'S DATE OF BIRTH - MM/DD/YYYY	CHILD'S SOCIAL SECURITY#
NAME OF ELEMENTARY SCHOOL CHILD	ATTENDS	ROOM#	CHILD'S TEACHER'S NAME	.1	CHILD'S GRADE K-5
CHILD'S PHYSICAL HOME ADDRESS	HOUSE NUMBER AND STREET	CITY	STATE	ZIP	CHILD'S HOME TELEPHONE NUMBER#
FATHER'S / GUARDIAN'S / FATHER'S DOI	VIESTIC PARTNER'S - LAST NAME	FIRST NAME	MIDDLE NAME	DATE OF BIRTH - MM/DD/YYYY	FATHER'S HOME PHONE NUMBER #
FATHER'S PHYSICAL HOME ADDRESS	HOUSE NUMBER AND STREET	CITY	STATE	ZIP	FATHER'S CELL PHONE NUMBER #
FATHER'S PLACE OF BUSINESS OR WOR	PRKPLACE NAME OF COMPANY	ADDRESS	STATE	FATHER'S DRIVER'S LICENSE#	FATHER'S WORK PHONE NUMBER #
MOTHER'S / GUARDIAN'S / MOTHER'S DO	JMESTIC PARTNER'S - LAST NAME	FIRST NAME	MIDDLE NAME	DATE OF BIRTH - MM/DD/YYYY	MOTHER'S HOME PHONE NUMBER #
MOTHER'S PHYSICAL HOME ADDRESS	HOUSE NUMBER AND STREET	CITY	STATE	ZIP	MOTHER'S CELL PHONE NUMBER#
MOTHER'S PLACE OF BUSINESS OR WO	ORKPLACE NAME OF COMPANY	CITY	STATE	MOTHER'S DRIVER'S LICENSE #	MOTHER'S WORK PHONE NUMBER #
CHILD LIVES WITH - LAST NAME		FIRST NAME	MIDDLE NAME	DATE OF BIRTH - MM/DD/YYYY	HOME OR CELL PHONE NUMBER#
LIST ALLERGIES TO ANY FOODS	LIST ALLERGIES TO ANY FOODS	LIST ALLERGIES TO ANY MEDICATIONS	LIST ALLERGIES TO ANY INSECTS	LIST ALL OTHER ALLERGIES	LIST ALL OTHER ALLERGIES
NOTE: When you are unay	vailable at your job location, alway	ays notify KidCare that day in ca	ase an emergency occurs, of w	where or how you or an authoriz	ed person can be notified.
someone on their authorized report directly to the Site Ma ABSENCES: Please notify	not be liable for any child who atte ed sign in/out form has signed the anager upon return. y KidCare in the event your child w	nem out. If the child needs to retu	turn to KidCare they must be o	officially signed back in by an au	authorized adult and they must
for all children at roll call.	•		-		
sign in/sign out form. I also must sign my child in or ou	CY: I understand it is my responsi o understand when someone is p ut upon bringing or picking up my of the person signing is not legible	picking up my child that he or sl ny child to or from KidCare. I un	she must have proper identificanderstand full legible signature	cation, be at least 16 years of agrees are required, no initials or nice	age, be on the pick-up list and
being withdrawn from the Ki					pick-ups may result in my child
	nsibility to update my pick-up list a				
or may occasionally be post	BLICATIONS: KidCare may occ ted throughout KidCare and/or in illd's file can be flagged for NO PI	n one of our newsletters or speci	cial publications. If you do not v	t want your child to be photograp	phed, please check the appro-
·	HECK APPROPRIATE BOX	☐ ALLOW PICTURES	☐DO NOT TAKE PI	ICTURES	
	have read and fully understar				
Signature of Parent c	r Legal Guardian			Date	
Registration Date:/	/20 Start Date:/_		SER USE ONLY (Staff member's name):	KidCare Wed	eekly Fee \$
Paid Registration Fee	Paid Tuition Fee	Amount Paid: \$			or Week://20
Is Child on a Funding Source		f yes, name of Funding Source?		ch Reduced Lunch S	
10 Office off a fartaining Cour.		, ,			
· ·	icate Rates: Part Time Fee \$			ee \$ Holiday/Full-Da	ny Parent Fee \$

☐ KidCare Handbook

☐ Nutritional Guidelines

☐ Parent Information/Policies

(CONTINUED - PAGE 2 of 5)

ADDITIONAL PERSONS WHO N	MAY BE CALLED IN AI	N <u>EMERGENCY</u> - I	Please list ONLY the peo	ple we ma	y discuss em	ergency issues with.	
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NU	MBER#	WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NU	MBER#	WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NU	MBER#	WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
CHILD'S PHYSICIAN OR DENTI	ST TO BE CALLED BY	Y MEDICAL PERSO	ONNEL IN THE EVENT	OF AN EM	1ERGENCY		
PHYSICIAN'S NAME			iysician's telephone number#		1	COMPANY NAME AND POLICY #	
PHYSICIAN'S ADDRESS - STREET ADDRESS, CITY, STATE, 2	ZIP						
DENTIST'S NAME		DE (ENTIST'S TELEPHONE NUMBER#		DENTAL INSURANCE C	COMPANY NAME AND POLICY #	
DENTIST'S ADDRESS - STREET ADDRESS, CITY, STATE, ZIF							
OTHER THAN THE CUSTODIAL (CHILD WILL NOT BE ALLOWED TO LEAVE WITH AN							
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NU	MBER#	WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NU	MBER#	WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NU	MBER#	WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
LIST ALL KNOWN ALLERGIES							
ALLERGY TO ANY MEDICATIONS	ALLERGY TO ANY FOOD	AL	LERGY TO ANY PLANTS		ALLERGY TO ANY INSE	ECTS	
OTHER OTHER		01	THER		OTHER		
ADDITIONAL INFORMATION OR COMMENTS	1	1			l		
LIST ANY DAILY MEDICATIONS	(Example: Diabetes, Asthma, Seizur	re Medicine etc This information	on is in the event of an emergency for the	e medical professi	onals.) Please notify th	ne center if this information changes.	
NAME OF MEDICATION	DOSAGE REASON FOR TAKING MEDICATION OTHER INFORMATION OR COMMENTS			OR COMMENTS			
NAME OF MEDICATION	DOSAGE		REASON FOR TAKING MEDICATION		OTHER INFORMATION OR COMMENTS		
PLEASE LIST ANY COURT ORDERED, SPECIAL CIRCUMSTANCES, MEDICAL, OR OTHER INFORMATION WE NEED TO BE AWARE OF (DOCUMENTATION MUST BE ATTACHED IN A CONFIDENTIAL ENVELOPE FOR ALL COURT ORDERED OR LEGAL CIRCUMSTANCES)							

(CONTINUED - PAGE 3 of 5)

DISCIPLINE POL	LICY STATEMENT			
1.	Age appropriate, constructive disciplinary practices are u A. Discussion with the child about appropria B. "Redirection" to another activity. C. Discipline form(s) signed by parent/guard D. Consultation with parents to seek answe E. Suspension	ate behavior. dian.		
2.	Children are not subjected to discipline which is severe,	humiliating or frightening.		
3.	Discipline is not associated with food, rest or toileting.			
4.	Spanking, or any other form of physical punishment, is si	trictly prohibited.		
	cretion of the director and after a reasonable effort on the pald is deemed chronically disruptive to the functioning of the		child into the program, a child's participation may be terminate	ated
I have rea	ad and fully understand and agree with the above discipline	policy.		
Signature	e of Parent or Legal Guardian		Date	
KNOW YOUR CH	HILDCARE BROCHURE STATEMENT			
On	/	received and re Guardian)	read a copy of the Know Your Child Care Broch	nure.
Signature	e of Parent or Legal Guardian	Print Name of Child	 Date	_
FEE AGREEMEN	IT STATEMENT			
Please read the following	carefully:			
2. There is a non-real Tuition payments Tuesday, 6:00 p. 4. Full weekly tuition There is an extra fees are due in wish to withdraw fee will be due real figure account has bee for the fees are fue in wish to withdraw fee will be due real figure account has bee for the fees will be due real figure fees will be all figure fees figure fees will be all figure fees will be all figure fees figure figure fees will be all figure fees figure figure fees figure	colled for one week sessions. No credits or refunds will be given efundable \$25.00 registration fee per child. Is are due in full and in advance, on Monday of each week or it is, are due in full and in advance, on Monday of each week or it. Im. each week. Since all payments are due in advance, we DO on fees are due, regardless of absences, even if your child is out a charge when KidCare is in session for full day services. It is ach week for children who are on suspension regardless of the days attended. In as not been paid in full, including late fees by Wednesday, 6:00 in paid in full. Excessive late payments can result in your child be ding source are required to keep their funding certificate current in the KidCare site manager one week in advance and in writing if it check, please print your child's name and the dates for which with the local financial institution's name & address printed on eather the colling of the program who has not been fully registered and a large of \$1.00 per minute, per child is assessed if your child/child being dropped from the program. Ireturned check, you will be charged a \$5.00 late fee and up to a large of \$1.00 per minute, per child is assessed if your child/child being dropped from the program. Ireturned check, you will be charged a \$5.00 late fee and up to a large of \$1.00 per minute, per child is assessed if your child/child being dropped from the program. If unpaid, your child care will be suspended until all fees are pareck, KidCare will only accept money orders or cashiers check, in our children and staff, only check or money order payments will checks drawn on a local bank account. No out of state, tempora ince may be available to qualifying individuals unable to afford p of absence without notice your child will be automatically withdra has been withdrawn from KidCare for any reason, in order for and pay any unpaid fees from previous registration. Sibility to keep up with your canceled checks and/or receipts for sibility to keep up with your canceled checks a	the first day of the week KidCare is open NOT hold payments from immediate deput all week. Full weekly tuition fees are duren more information see the Holiday and Cleof the reason, this will hold their slot until spended from school for any reason that of the reason, this will hold their slot until spended from school for any reason that of the policy of the reason, this will be withdrawn from the program. It and for paying any and all fees not cover you chose to withdraw your child from the nyou are paying on each payment. All chack check. If the spaid in advance for the week attended in full. The return check fee will not be an advance for tuition fees. If be accepted at this school site. The arry, starter, counter or 2nd party checks word from the program. It is a program fees. See your director for more in awn from the program. It is a program fees as KidCare does not vance as KidCare does not send out billing the seed out the programing updates on center policies, KidCare checks, this will include checks made out the programing updates on center policies, Kidcare seed and during this time your child's KidCare checks, this will include checks made out the programing updates on center policies, Kidcare checks, this will include checks made out the program in the program of the program	posit. The regardless of holidays or when KidCare is closed for storm closed information on page 4 of this application. If they return. If suspended for more than one week the parer child can not attend KidCare during the suspension. The full of the form the program and will not be able to return to KidCare untered by their funding source. The read by their funding source are program or your account will be charged the full regular tuitic checks must have your full name, complete local/current adding. The read by their funding source are program or your account will be charged the full regular tuitic checks must have your full name, complete local/current adding. The read by their funding source are fees are due the day you are late. Excessive late pick-upor a certified check, will be accepted as prompt repayment on the waived for any reason. The read by their funding source are fees are due the day you are late. Excessive late pick-upor a certified check, will be accepted as prompt repayment on the waived for any reason. The read by their funding source are fees are due the day you are late. Excessive late pick-upor a certified check, will be accepted as prompt repayment on the waived for any reason.	n days. nt may weekly til your on fee. Iress & ups will he day all new ayment
Clanations of D	and and Counties	Deta		
Signature of Parent	Ji Legai Guardian	Date		

(CONTINUED - PAGE 4 of 5)

MEDICATION POLICY

WE DO NOT GIVE ANY KIND OF MEDICATION. If your child needs medication, you will have to make arrangements to give the medication during your lunch hour, before and or after school. This includes breathing treatments. 911 will be called for all emergencies. KidCare can not transport your child to a medical facility.

ACCIDENT INSURANCE POLICY

Your registration fee pays for an accident insurance policy in case your child gets injured while at KidCare. Our policy is an "excess coverage" policy which means that your primary insurance must pay first. This insurance will pay for most charges not covered by your primary insurance company. However the parent or guardian will be responsible for paying any fees not covered by insurance.

HOLIDAYS / CENTER CLOSED / FULL DAY INFORMATION

KidCare will be closed on the following holidays which will include: New Year's Day, Martin Luther King's Birthday, *Presidents Day, *Good Friday, (*Selected sites may be open on President's Day and/or Good Friday with at least 15 pre paid children signed up by the deadline.), Memorial Day, Independence Day, Labor Day, Veteran's Day, Thanksgiving and the day after, Christmas Eve and Christmas Day. If the holiday falls on Saturday, then KidCare will be closed on the Friday before the holiday, and if the holiday falls on a Sunday, then KidCare will be closed on the Monday following the holiday. Note: We are sometimes closed due to severe storm warnings or other unforeseen reasons. If the public schools are closed due to severe weather or any other unforeseen reason, then KidCare will also closed because our programs are located on the school grounds. You will normally get this information from your local news station or if time allows you will be notified on the parent information board or by your KidCare director. When school is closed for fall, winter, spring break, staff development days, school site improvement days, or student holiday, selected KidCare sites will take a survey/sign up sheet with a deadline. We must have a minimum of 20 students signed up and paid in advance in order for your KidCare site to be open. If a minimum of 20 is not met by the deadline, the KidCare site will be closed. During these full days in order to attend as we will not take drop-ins. Any child not signed up by the deadline will be unable to attend as we must have an accurate child count in advance to prepare for additional staffing on these full days. There are no deductions in weekly tuition fees if KidCare is closed due to lack of parent participation or other reason. See your KidCare director or parent information next to the sign in and out sheets as these days approach. If KidCare is closed, a closed sign will be posted on the parent information board as well as various locations throughout KidCare 10 days or more prior t

PARENTS ARE RESPONSIBLE FOR OBTAINING ALTERNATE CARE FOR THEIR CHILDREN WHEN KIDCARE IS NOT IN SESSION.

HOURS OF OPERATION / LATE PICK-UP POLICY

KidCare is open from 6:30 a.m. until 6:00 p.m. or from 6:30 a.m. until 6:00 p.m. or from 6:30 a.m. until 6:00 p.m. or from 6:30 a.m. until 6:00 p.m. until 6:00 p.m. Monday thru Friday. When possible you should notify KidCare if you ray be late picking up your child. You should notify KidCare if your drop off or pick up time changes. We allow a (10) hour time frame for each child and there will be and extra charge of \$2.00 per hour, per child after the first 10 hours of care. There is a late fee of \$1.00 per minute, per child, starting at 6:01 p.m. and excessive late pick ups will result in your child being dropped form the program. If a parent or guardian has not picked up their child/children by 6:20 p.m. and no one has called to say they will be late and/or the KidCare site manager is unable to locate someone on the child's pick-up list to pick up the child, the Department of Children and Families and local police or sheriff's department will be called to pick-up the child/children.

ABSENCES

Weekly tuition fees are due in full each week regardless of absence, holiday or even if your child is absent all week. If a parent is on a state grant, funding source or scholarship for child care fees, that child should be at KidCare everyday unless an emergency or illness occurs. Most funding sources will only cover from 1 to 3 days of absence per calendar month, depending on the funding source your child is on. If the child is absent more than the allowable days, for whatever the reason may be, the parent will be responsible for paying the regular tuition fees for all fees not covered by their funding source. In some extreme cases an absentee waiver can be signed and submitted for up to an additional 5 days of absence. Along with this waiver a hospital or doctors letterhead with an explanation must accompany this waiver to be considered. However, this does not guarantee payment from the funding source. They are reviewed case by case by the funding agency and only extreme emergencies will be covered. The parent will be required to pay the regular tuition if not paid by the funding source. These fees are from \$9.00 to \$22.00 per day, per child. Parents/Guardians are responsible for renewing and/or keeping their funding certificate valid at all times while in attendance at KidCare.

INCOME TAX STATEMENTS

ACKNOWLEDGEMENT

Signature of Parent or Legal Guardian

KidCare does not issue end of the year income tax statements. It is the responsibility of the parent or guardian to keep your canceled check, money order or cash receipts for your end of the year balance. We will gladly give you a receipt at time of payment if you ask, no matter what form of payment you choose, however you must ask and get your receipt at the time of payment as we do not back log receipts.

NUTRITION AGREEMENT STATEMENT

Parent or guardian must supply each child with a meal which meets the nutritional needs for a child of his/her age group. This will be on the days when the school cafeteria is closed and or on days your child attends KidCare during lunch time. KidCare has provided each applicant with a nutritional guide line and pertinent nutritional/dietary information for each child's age group. See the parent information sheet on nutritional guidelines.

ACKNOWLEDGEMENT	
By signing this acknowledgement, I attest that I have read, fully understand, and agree to all the policies of this comp Medication Policy, Insurance Policy, Holiday / Center Closed / Full Day Information, Hours of Operation / Late Pick-up ment and Nutrition Agreement Statement.	3

Print Name of Child

FIELD TRIP PERMISSION FORM AND EMERGENCY MEDICAL AUTHORIZATION FORM

A completed and notarized Field Trip Permission and Emergency Medical Form is required for each child participating in the Early Childhood, Inc. Campus Kid-Care school-year or summer program. Please print in ink or type only. Fill in all sections. This form as well as all child information forms may be copied for use on the facility bus or van in the event that it is needed.

- Must Be Completed by Custodial Parent/s or Legal Authorized Representative. Notify Facility Immediately if any Information Changes. -

Release for Participation in the Early Childhood, Inc. Campus KidCare Program

Child's Full Legal Name:	Date of Birth:/ Age: Gender:
I do hereby solemnly swear that I(we)	have legal custody of the aforementioned minor child

I(we), the undersigned, individually and/or as parent/s and/or legal guardian/s of the aforementioned minor child, ask that he/she be admitted to participate in the Early Childhood, Inc. KidCare school-year or summer program and field trip events. In consideration of such admission, I do herby agree to release, discharge, and hold harmless Early Childhood, Inc., its officers, agents and employees of and from all causes, liabilities, damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at and/or with the Early Childhood, Inc. KidCare program. Non-conformance to Early Childhood, Inc. policies and procedures as told to my child by the directors and/or staff may result in dismissal from the program and/or field trip events. My aforementioned minor child has my permission to participate in any of the field trips and center activities. This includes any field trip out of the county that we may take. I have read the parent handbook, parent field trip rules & information and understand completely.

- I understand that all field trip information is posted on the parent information board each week and I must sign my child up for each field trip event I wish my child to participate in.
- I understand that there may be a separate charge for each field trip and that all field trip monies must be paid in cash, by the due date and paid separate from tuition.
- I give my permission for any staff member to apply sun screen to my child as needed during any outside activity whether the center or I have provided the sun screen.
- I understand that my child must be at the child care facility at least 45 minutes prior to all field trip departure times or may not attend the field trip.
- I may only pick-up and/or drop-off my child at the child care facility to participate in a field trip or event and that my child must ride the facility bus or van to each field trip event.
- I understand that there are no refunds unless the trip is canceled for bad weather or other unforeseen reason.
- I must notify the director in writing if I do not want my child to participate in a field trip event or center activity that I have signed up for, at least 24 hours prior to the trip or activity.
- I understand that a copy of this information will be kept at the facility as well as on the facility bus or van in the event that it is needed.

INSURANCE / ACCIDENT POLICY

I understand that my child's registration fee pays for an 'Excess Coverage Accident Insurance Policy' in the event my child is injured while in the care of Early Childhood, Inc. and its employees. I also understand that the policy is an Excess Coverage Policy which means that my primary insurance must pay first and the excess coverage insurance will pay for most charges not covered by my primary insurance company. I understand that I will be responsible for paying any cost or fees not covered by insurance.

EMERGENCY MEDICAL AUTHORIZATION AND CONSENT OF PARENT(S) OR LEGAL GUARDIAN(S)

I grant my authorization and consent for Early Childhood, Inc., its officers, agents, staff, or employees (hereafter "Supervising Adult") to administer general first aid treatment for any minor injuries or illnesses experienced by the minor. If the injury or illness is life threatening or in need of emergency treatment, I authorize the Supervising Adult to summon any and all professional emergency personnel to attend, transport, and treat the participant and to issue consent for any X-ray, anesthetic, blood transfusion, medication, or other medical diagnosis, treatment, or hospital care deemed advisable by, and to be rendered under the general supervision of, any licensed physician, surgeon, dentist, hospital, or other medical professional or institution duly licensed to practice in the state in which such treatment is to occur.

In all emergencies, I understand that 911 will be called. In the event that reasonable attempts to contact me, the undersigned, have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by any licensed physician, surgeon, dentist, hospital, or other medical professional or institution; and the transfer of my child to the preferred hospital or, any hospital reasonably accessible. I understand that the consent and authorization herein granted do not include major surgical procedures unless the medical opinions of two licensed physicians, surgeons, or dentists, concurring in the necessity for such surgery, are obtained prior to the performance of such surgery and are valid only during the time my child is in the care of and in attendance with the Early Childhood, Inc KidCare program. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes to the appropriate medical care provider.

It is understood that this authorization is given in advance of any such medical treatment, but is given to provide authority and power on the part of the Supervising Adult in the exercise of his or her best judgment upon the advice of any such medical or emergency personnel.

CERTIFICATE OF ACKNOWLEDGMENT OF CUSTODIAL PARENT OR LEGAL GUARDIAN						
By signing this form, I attest the procedures of this company.	at I have read, fully understand and	nd agree to comply with the terms and conditions in this agreement, as well as the	policies and			
This authorization is effective commencing on theday of, 20 and expiring on the 30th day of August, 2010.						
Signed thisday of	Signed thisday of, 20					
Custodial Parent or Legal Guardian	#1's Signature	Custodial Parent or Legal Guardian #2's Signature if Applicable				
	CERTIFICATE OF	ACKNOWLEDGMENT OF NOTARY PUBLIC				
In the State of	, in the County of	. This document was acknowledged before me thisday of				
In the State of Before me, or is personally known to me.		. This document was acknowledged before me thisday of	, 20 (ID used)			

NUTRITIONAL GUIDELINES

FOR CHILDREN FROM AGES 1 TO 12

FOODS FOR CHILDREN	AGES 1-3	AGES 3-6	AGES 6-12
	BREAKFA	ST	
MILK	1/2 CUP	3/4 CUP	1 CUP
JUICE, FRUIT OR VEGETABLE	1/4 CUP	1/2 CUP	1/2 CUP
BREAD OR *BREAD ALTERNATE	1/2 SLICE	1/2 SLICE	1 SLICE
*CEREAL, COLD DRY	1/4 CUP OR 1/3 OZ.	1/3 CUP OR 1/2 OZ.	3/4 CUP OR 1 OZ.
*CEREAL, HOT COOKED	1/4 CUP	1/4 CUP	1/2 CUP
	SNACK Select 2 out of the 4 con	nponents:	
MILK	1/2 CUP	1/2 CUP	1 CUP
JUICE, FRUIT OR VEGETABLE	1/2 CUP	1/2 CUP	3/4 CUP
MEAT OR MEAT ALTERNATE	1/2 OUNCE	1/2 OUNCE	1 OUNCE
BREAD OR *BREAD ALTERNATE	1/2 SLICE	1/2 SLICE	1 SLICE
*CEREAL, COLD DRY	1/4 CUP OR 1/3 OZ.	1/3 CUP OR 1/2 OZ.	3/4 CUP OR 1 OZ.
*CEREAL, HOT COOKED	1/4 CUP	1/4 CUP	1/2 CUP
	LUNCH OR SU	PPER	
MILK	1/2 CUP	3/4 CUP	1 CUP
MEAT, POULTRY, FISH OR *	1 OUNCE	1 1/2 OUNCE	2 OUNCES
*EGG	1	1	1
*CHEESE	1 OUNCE	1 1/2 OUNCE	2 OUNCES
*COOKED DRY BEANS OR PEAS	1/4 CUP	3/8 CUP	1/2 CUP
*PEANUT BUTTER	2 TABLESPOONS	3 TABLESPOONS	4 TABLESPOONS
VEGETABLES AND/OR FRUITS**	1/4 CUP	1/2 CUP	3/4 CUP
**(TO TOTAL 2 OR MORE)			
BREAD OR BREAD ALTERNATE	1/2 SLICE	1/2 SLICE	1 SLICE

When packing your child's lunch, please remember that the Center is not allowed to do any cooking and are not allowed to heat food in the microwave, so it is best to pack lunches that do not require heating. The Center will supply a drink for your child at meal time. Your child's lunch should be nutritionally balanced and ready to eat. Please see your director if you need further information about lunches or lunch times.

Thank You