0 0 0	hild for (✓ Check all that appliday/Closed/Full Day section on p	-,		,	Care (***When/If Available)
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 AT	TTENDS	ROOM#	CHILD'S TEACHER'S NAME		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 DOME	ESTIC 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 WORK	KPLACE NAME OF COMPANY	ADDRESS	STATE	FATHER'S DRIVER'S LICENSE#	FATHER'S WORK PHONE NUMBER #
MOTHER'S / GUARDIAN'S / MOTHER'S DOM	//ESTIC 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 WORK	RKPLACE 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 unava	ailable at your job location, alway	ys notify KidCare that day in ca-	se an emergency occurs, of wh	nere or how you or an authorize	ed person can be notified.
someone on their authorized report directly to the Site Man		em out. If the child needs to retu	turn to KidCare they must be of	officially signed back in by an au	uthorized adult and they must
ABSENCES: Please notify he for all children at roll call.	KidCare in the event your child v	will be absent or other pick up a	arrangements are made on the	days when this change is in eff	fect. This will help us account
SIGN-IN AND OUT POLICY: I understand it is my responsibility as parent or guardian bringing my child to KidCare or picking my child up from KidCare to sign in and sign out on the sign in/sign out form. I also understand when someone is picking up my child that he or she must have proper identification, be at least 16 years of age, be on the pick-up list and must sign my child in or out upon bringing or picking up my child to or from KidCare. I understand full legible signatures are required, no initials or nick names can be accepted. I understand if the signature of the person signing is not legible then that person must also print their name next to their signature.					
LATE PICK-UP: I understand there is a \$1.00 per minute, per child cost to all children who are not picked up by 6:00 p.m. daily and that excessive late pick-ups may result in my child being withdrawn from the KidCare program.					
I understand it is my responsibility to update my pick-up list and phone numbers as often as necessary to keep the list current.					
PHOTOS AND MEDIA PUBLICATIONS: KidCare may occasionally take pictures of children playing or doing different activities. Some pictures are used to make special art projects or may occasionally be posted throughout KidCare and/or in one of our newsletters or special publications. If you do not want your child to be photographed, please check the appropriate box below so your child's file can be flagged for NO PICTURES. Otherwise, please check the appropriate box below and sign if you have no objection to your child having his or her picture taken.					
CHE	ECK APPROPRIATE BOX	☐ ALLOW PICTURES	☐DO NOT TAKE PIC	CTURES	
By signing, I attest that I have read and fully understand the terms of this agreement and I will comply with all policies and procedures.					
Signature of Parent or	Legal Guardian			Date	
			ER USE ONLY		
Registration Date:/				Contracted We	•
Paid Registration Fee	☐ Paid Tuition Fee		•	er#For	
Is Child on a Funding Source	·	-		Reduced Lunch	
	ate Rates: Part Time Fee \$	<u> </u>	Weekly Parent Fee	e \$ Holiday/Full-Day	ıy Parent Fee \$
Does this child have siblings	, at this facility?	☐ No If yes, list name/s:			

 \square KidCare Handbook

☐ Parent Information/Policies

Check that parent was given the following: $\hfill \Box$ Know Your Child Care Brochure ☐ Nutritional Guidelines

(CONTINUED - PAGE 2 of 5)

ADDITIONAL PERSONS WHO MA	Y BE CALLED IN AN	N <u>EMERGENCY</u> - F	Please list ONLY the peo	ple we ma	y discuss eme	ergency issues with.	
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NUI	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 NUI	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 NUI	MBER#	WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
CHILD'S PHYSICIAN OR DENTIST	T TO BE CALLED BY	/ MEDICAL PERSO	ONNEL IN THE EVENT	OF AN EM	IERGENCY		
PHYSICIAN'S NAME		PH (YSICIAN'S TELEPHONE NUMBER#		MEDICAL INSURANCE (COMPANY NAME AND POLICY#	
PHYSICIAN'S ADDRESS - STREET ADDRESS, CITY, STATE, ZIP							
DENTIST'S NAME		DE (DENTIST'S TELEPHONE NUMBER# DENTAL IN		DENTAL INSURANCE C	AL INSURANCE COMPANY NAME AND POLICY#	
DENTIST'S ADDRESS - STREET ADDRESS, CITY, STATE, ZIP							
OTHER THAN THE CUSTODIAL P							
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NUMBER#		WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
FULL NAME		DATE OF BIRTH - MM/DD/YYYY	HOME PHONE NUMBER#	CELL PHONE NUI	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 NUMBER#		WORK PHONE NUMBER#	
STREET ADDRESS		CITY	STATE	ZIP		RELATIONSHIP TO CHILD	
LIST ALL KNOWN ALLERGIES							
ALLERGY TO ANY MEDICATIONS ALLERGY TO ANY FOOD		ALLERGY TO ANY PLANTS			ALLERGY TO ANY INSECTS		
OTHER	OTHER	OTHER		OTHER			
ADDITIONAL INFORMATION OR COMMENTS							
LIST ANY DAILY MEDICATIONS (Example: Diabetes, Asthma, Seizure	e Medicine etc This information	on is in the event of an emergency for the	e medical professi	onals.) Please notify th	e center if this information changes.	
NAME OF MEDICATION	DOSAGE		REASON FOR TAKING MEDICATION		OTHER INFORMATION 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	POLICY STATEMENT			
1.	Age appropriate, constructive disciplinary practices are A. Discussion with the child about approp B. "Redirection" to another activity. C. Discipline form(s) signed by parent/gue D. Consultation with parents to seek answ E. Suspension	riate behavior. ardian.		
2.	Children are not subjected to discipline which is severe	e, humiliating or frightening.		
3.	Discipline is not associated with food, rest or toileting.			
4.	Spanking, or any other form of physical punishment, is	strictly prohibited.		
	ne discretion of the director and after a reasonable effort on the at child is deemed chronically disruptive to the functioning of the		nild into the program, a child's	participation may be terminated
I ha	ve read and fully understand and agree with the above disciplin	e policy.		
Sigr	nature of Parent or Legal Guardian		Date	
KNOW YOUI	R CHILDCARE BROCHURE STATEMENT			
	(Date) (Print Name of Parent or Legal	received and real Guardian) Print Name of Child		Your Child Care Brochure.
FEE AGREE	MENT STATEMENT			
Please read the fol	lowing carefully:			
 Tuition pay Tuesday, 6 Full weekly, 6 Fees are d wish to with fee will be If your acc account ha Parents on You must r When paying phone num A late pick-result in you In the case you are no After a retuing. We only account the result in you March and the paying phone num A late pick-result in you In the case you are no After one to He you re It is your re It is your re It is your re One week Make chec 	non-refundable \$25.00 registration fee per child. Iments are due in full and in advance, on Monday of each week of 200 p.m. each week. Since all payments are due in advance, we D of utition fees are due, regardless of absences, even if your child is at extra charge when KidCare is in session for full day services. I extra charge when KidCare is in session for full day services. I extra charge when KidCare is in session for full day services. I extra charge when KidCare is in session for full day services. I extra charge when KidCare is in session for full day services. I extra charge when KidCare is in session for full day services. I extra charge when KidCare is available. If a child has been so due regardless of the days attended. I ount has not been paid in full, including late fees by Wednesday, 6 is seen paid in full. Excessive late payments can result in your child a funding source are required to keep their funding certificate curre notify the KidCare site manager one week in advance and in writing ing by check, please print your child's name and the dates for while one with the local financial institution's name & address printed on early charge of \$1.00 per minute, per child is assessed if your child/out child being dropped from the program. In of a returned check, you will be charged a \$5.00 late fee and up to tiffied. If unpaid, your child care will be suspended until all fees are jurn check, KidCare will only accept money orders or cashiers check, ety of our children and staff, only check or money order payments we capt checks drawn on a local bank account. No out of state, tempo sististance may be available to qualifying individuals unable to afford yeek of absence without notice your child will be automatically with child has been withdrawn from KidCare for any reason, in order forms and pay any unpaid fees from previous registration. I sponsibility to remember to pay your child's tuition on time and in a of back log receipts. Vacation time can be requested in writing at least one week i	O NOT hold payments from immediate depout all week. Full weekly tuition fees are du for more information see the Holiday and Clos so fithe reason, this will hold their slot until suspended from school for any reason that commended from the program. The sent and for paying any and all fees not cover if you chose to withdraw your child from the chapten of the seach check. The sent and for paying on each payment. All closes the seach check all fees paid in advance for the week attended in the seach check. The sent in advance for the week attended in the seach check. The sent in the seach check in advance for tuition fees. Will be accepted at this school site. The seach check is seen your director for more in the seach check in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees. See your director for more in the program fees.	osit. The regardless of holidays or who seed information on page 4 of the they return. If suspended for reshild can not attend KidCare during the program and will not be seed by their funding source. The program or your account will be the hecks must have your full name the seed are due the day you a certified check, will be accept waived for any reason. The program or your account will be accept waived for any reason. The program or your account will be accept waived for any reason.	en KidCare is closed for storm days. his application. more than one week the parent may ring the suspension. The full weekly e able to return to KidCare until your e charged the full regular tuition fee. e, complete local/current address & are late. Excessive late pick-ups will ted as prompt repayment on the day with a new registration fee, all new you must get one at time of payment
I have read and ful	ly understand the terms of this agreement and I will comply with all polici	ies and procedures.		
Signature of Pa	rent or Legal 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

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 company which include the following: Medication Policy, Insurance Policy, Holiday / Center Closed / Full Day Information, Hours of Operation / Late Pick-ups, Absences, Income Tax Statement and Nutrition Agreement Statement.

ment and Nutrition Agreement Statement.		
Signature of Parent or Legal Guardian	Print Name of Child	Date

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 Smart Start Youth & Family Services, Inc. Campus KidCare 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 Smart Start Youth & Family Services, 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 Smart Start Youth & Family Services, 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 Smart Start Youth & Family Services, 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 Smart Start Youth & Family Services, Inc. KidCare program. Non-conformance to Smart Start Youth & Family Services, 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 Smart Start Youth & Family Services, 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 Smart Start Youth & Family Services, 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 Smart Start Youth & Family Services, 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 that I have read, fully understand and agree to comply with the terms and conditions in this agreement, as well as the policies and procedures of this company.					
This authorization is effective cor	mmencing on theday of _	, 20 and expiring on the <u>30th</u> day of <u>August</u> , 2010.			
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		This document was acknowledged before me thisday of, 20			
	_, in the County of				

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