

Hello Families,

This is just a little note to let you know the guide lines of the Food Program as outlined by the State of Florida.

Breakfast always has a fruit, milk and a grain of some kind, (the grain not to have more than 6 grams of sugar per serving).

Lunch always consists of milk, fresh fruit, a meat or meat alternative, (poultry, cheese, eggs, beans, peanut butter, or protein products). Green beans, carrots, peas, corn, broccoli, squash, or other fresh vegetables in season are served. A grain has to be served at this meal, (bread, noodles, muffins, pizza crust, or rolls).

Snack consists of two items from the following groups. Milk, meat or alternative, vegetable, fruit or grain.

One of the meals has to have a 100% whole grain item, bread, crackers, noodles, tortillas or cereal. Very nutritional.

A few items are restricted by the state as to how often you can serve them.

Hot Dogs have to be at least 21 days apart and have to be 100% beef.

Chicken Nuggets may only be served 21 days apart unless made from scratch.

Pizza, if ordered from a pizza shop, 21 days apart. These are required to have a Child Nutritional attached to my paperwork every month if I serve them.

The only time store bought or shop bought pizza is served is if I am on vacation. The pizza I serve I make from a gluten free crust and homemade sauce with a black bean for plenty of protein.

Kim Lopez

Food Coordinator 681-3169 call me any time

