

October 4, 2020

RE: Calendar change and food requirements

Dear Parents/Guardians,

First of all, I want to remind you all that we will be making up the school days we missed at the beginning of the year. The **first make-up day will be this Friday, October 9**. I will send out new calendars with the other dates very soon.

Secondly, thank you so much for all the effort you are putting into students' lunches and snacks. Most children are coming with very nutritional meals, while some are missing essential items. As you know, we are able to be onsite through our childcare license. We are working to ensure that our lunches are in compliance with the childcare standards. Please review the following information carefully and help us stay in compliance!

Here is a summary of the childcare requirements:

Meals: (Full-day Children Only)

- 1) USDA guidelines will be used to determine adequate nutrition. Foods of minimal nutritional value or high sugar content (e.g. Jell-O, popcorn, desserts, potato chips, Danimos, GoGurts) shall only be served occasionally, and not replace nutritious foods.
- 2) Meals will include something from **each** of the following groups:
 - One serving of protein: meat, fish, poultry, meat alternatives such as beans, cheese, peanut butter, yogurt (cup of yogurt with fruit, NOT Danimals or GoGurts)
 - One serving of whole grains: crackers, bread, etc.
 - Two servings of fruits and vegetables: does not include veggie straws but pickles or olives are fine
- 3) No liquids other than water, milk and 100% fruit juices shall be served to childcare. Juicy Juice and Mott's 100% juice are excellent choices. **Please do not send Capri-Sun, lemonade, iced tea, or any other beverages**. We will offer milk at every meal.

Snacks: (All Children)

- 1) Snacks shall meet USDA guidelines and shall consist of food or beverage from at least two of the following food groups:
 - fluid milk
 - breads and grains
 - Meat, fish, poultry, or meat alternatives (peanut butter, yogurt, cheese)

- Fruits and vegetables
- 2) No liquids other than water, milk and 100% fruit juices shall be served to childcare. Juicy Juice and Mott's 100% juice are excellent choices. **Please do not send Capri-Sun, lemonade, iced tea, or any other beverages.**

PLEASE NOTE: We are required to provide food to supplement when any of the required items are missing. **Starting Tuesday, October 6, each item will be billed to the child's Praxi account, at a cost of \$1 to \$2 per item.**

Items that do not follow these guidelines will be returned home with your student (e.g. Capri-Sun drinks and multiple items of minimal nutritional value).

Thank you again for your continued support and cooperation!

Have a wonderful weekend,

A handwritten signature in black ink, appearing to read "Faith Gerber". The signature is written in a cursive, flowing style.

Faith Gerber, RCS Principal