

## MEAL PLANS AND MENUS

**POLICY:** The child care center will develop, together with the parent/legal guardian, a pre-service plan for each child.

**PURPOSE:** To assure the children get proper nutrition while in our care.

**PROCEDURE:**

1. The service plan for each child will include any special needs and dietary restrictions, including any instructions from a child's health care provider, if applicable.
2. Menus will be developed or approved by the Director/designee.
3. The Director will assure that the children will be served breakfast, lunch, and 2 snacks daily. Each child having a variety of foods chosen from at least two major food groups.
4. The classroom will post a daily activities schedule, including meal and snack times.
5. The menu for the coming week will be posted for parents to see. The menu shall change daily and should have a rotation schedule of about 4-5 weeks. This should include a variety of fruits, vegetables, main dishes/proteins, and whole grains (brown rice, whole grain bread, etc.).
6. Infants will be on individual schedules and feeding plans.
7. **If you are participating in the USDA Child and Adult Care Food Program (CACFP), see section L-6 for more information on meal requirements.**