

## Lunch & Nutrition:

Wesley KIDS will provide a lite AM and PM snack. The snack schedule is posted monthly.

Students will only be permitted to eat if they arrive before the scheduled snack time. Unfortunately most of our snack times happen when there is only one teacher in the class and the main focus during meal time is supervision of the kiddos currently eating. State supervision rules mandate that the teacher is seated with the students at all times.

### LUNCH:

-Students will not be allowed to stay without a lunch.

Per state standards, lunches for students over 12 months **MUST** contain the following components:

- Protein (meat, lunch meat, yogurt, cottage cheese, wow / sun butter, hard boiled eggs, or cooked beans)
- Vegetable (fruit and veggie pouches are acceptable)
- Fruit
- Whole Grain (bread, crackers, tortilla, nut-free granola, graham crackers)
- Dairy—We provide the dairy component for all three meals.

**NO** > fast food, juice or dessert items. These items will be either placed back in the lunch box or thrown away.

Student lunches needs to be in a lunch box with his/her name and a cold pack if necessary (no glass containers). Teachers are not permitted to heat student's food.

Students are asked to bring a water bottle but not be permitted to bring other drinks/sippy cups.

If hotdogs, grapes, cherry tomatoes, or other choking hazards are brought for the student's lunch please dice or cut foods in half before sending them to school. No popcorn.

Wesley KIDS is a **NUT** free school. Please double check snack bars and such.

\*While we try to maintain a nut free policy (minus the almond milk) in the preschool the rest of the church facility is not nut free. Please keep this in mind and contact the director if you are considering enrolling a student with a nut allergy.

Any food brought into Wesley KIDS for **special events** must be store bought (un-opened) and nut free. These foods also need to be healthy snacks such as fruit bars, string cheese, etc.

Store bought (un-opened) mini-cupcakes, mini-cookies, or popsicles may be brought in for the **student's birthday** and will be shared at afternoon snack. Please inform the teacher before the day you plan to bring the special snack so she can post what will be brought.

Students cannot come in the classroom with open breakfast items or drinks; you are welcome to sit in the main hallway until the student is finished.

Milk will be provided daily to students over 12 months of age. If your student drinks a milk alternative, please let us know. Almond milk is provided for students who have a doctor's note/intolerance form stating why they need an alternate option to dairy. If your kiddo drinks something else, you will need to provide the milk substitute. We ask that you bring a container with the child's name and we will keep it in the classroom fridge.

### INFANTS:

Students in the infant classroom will need an Infant Feeding Plan completed and updated every few months.

All infant bottles should be pre-made, labeled with the student's name, and brought daily. At drop off please make sure to let us know the last feeding and nap time.

We encourage you to store extra formula or frozen breast milk at the preschool for emergency situations. Frozen breast milk can be kept for up to 3 months. The milk must be labeled with the expressed date and student's name.

Any bottle that is not finished within 30 minutes will be dumped and rinsed due to health department regulations.



# MyPlate Plan

## Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and making sure that each choice is limited in saturated fat, sodium, and added sugars. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

### Food Group Amounts for 1,200 Calories a Day

Fruits	Vegetables	Grains	Protein	Dairy
<b>1 cup</b>	<b>1 1/2 cups</b>	<b>4 ounces</b>	<b>3 ounces</b>	<b>2 1/2 cups</b>
Focus on whole fruits	Vary your veggies	Make half your grains whole grains	Vary your protein routine	Move to low-fat or fat-free milk or yogurt
Focus on whole fruits that are fresh, frozen, canned, or dried.	Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to 1,500 milligrams a day.
- Saturated fat to 13 grams a day.
- Added sugars to 30 grams a day.

Be active your way: Children 2 to 5 years old should play actively every day.

## MyPlate Plan

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 1,200 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?	
<b>Fruits</b> <b>1 cup</b> 1 cup of fruits counts as <ul style="list-style-type: none"> <li>• 1 cup raw or cooked fruit; or</li> <li>• 1/2 cup dried fruit; or</li> <li>• 1 cup 100% fruit juice.</li> </ul>	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	<b>Limit</b> Limit: <ul style="list-style-type: none"> <li>• Sodium to 1,500 milligrams a day.</li> <li>• Saturated fat to 13 grams a day.</li> <li>• Added sugars to 30 grams a day.</li> </ul> <input type="checkbox"/> Y <input type="checkbox"/> N  <b>Activity</b> Be active your way: <ul style="list-style-type: none"> <li>• Children 2 to 5 years old should play actively every day.</li> </ul> <input type="checkbox"/> Y <input type="checkbox"/> N
<b>Vegetables</b> <b>1 1/2 cups</b> 1 cup vegetables counts as <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables; or</li> <li>• 2 cups leafy salad greens; or</li> <li>• 1 cup 100% vegetable juice.</li> </ul>	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	
<b>Grains</b> <b>4 ounce equivalents</b> 1 ounce of grains counts as <ul style="list-style-type: none"> <li>• 1 slice bread; or</li> <li>• 1 ounce ready-to-eat cereal; or</li> <li>• 1/2 cup cooked rice, pasta, or cereal.</li> </ul>	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	
<b>Protein</b> <b>3 ounce equivalents</b> 1 ounce of protein counts as <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood; or</li> <li>• 1 egg; or</li> <li>• 1 Tbsp peanut butter; or</li> <li>• 1/4 cup cooked beans or peas; or</li> <li>• 1/2 ounce nuts or seeds.</li> </ul>	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	
<b>Dairy</b> <b>2 1/2 cups</b> 1 cup of dairy counts as <ul style="list-style-type: none"> <li>• 1 cup milk; or</li> <li>• 1 cup yogurt; or</li> <li>• 1 cup fortified soy beverage; or</li> <li>• 1 1/2 ounces natural cheese or 2 ounces processed cheese.</li> </ul>	_____	<input type="checkbox"/> Y <input type="checkbox"/> N	

\* This 1,200 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.



Track your MyPlate, MyWins

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