

## Meal Pattern Guidelines

*\*Please hang this on your refrigerator and use as a guide to help you ensure that your child brings adequate nutrition to school for snack and lunch.*

If a student's snack or lunch does not meet the nutrition standards adopted by the North Carolina Child Care Commission, Calvary Christian School does not provide supplemental food or beverages. The Child Care Commission has provided suggested meal pattern guidelines with the expectation that parents attempt to comply, as it is proven to promote and support whole and healthy child development. Therefore, Calvary Christian School also recommends these suggested guidelines be followed when packing your student's snack and lunch. If you do not provide all meals, snacks and drinks for your child while at school, the school will contact you to bring the food and drink by or within the designated snack and/or lunch hours.

Suggested Meal Pattern Guidelines are as follows:

Snack (select 2 of these 4 components):	3-12 Years Old:	13 Years Old & Up:
Milk, fluid	1/2 cup	1 cup
Meat or meat alternate	1/2 oz	1 oz
Juice or fruit or vegetable	1/2 cup	3/4 cup
Bread, enriched or whole grain; or Cereal, cold, dry, or Hot, cooked	1/2 slice 1/3 cup* 1/4 cup	1 slice 3/4 cup** 1/2 cup
Lunch:		
Milk, fluid	3/4 cup	1 cup
Meat or meat alternate		
Meat, poultry or fish, cooked (lean meat without bone)	1 1/2 oz	2 oz
Meat alternates		
Cheese	1 1/2 oz	2 oz
Egg	1	1
Cooked dry beans and peas	3/8 cup	1/2 cup
Peanut butter	3 tbsp	4 tbsp
Vegetable and/or fruit (two or more)	1/2 cup	3/4 cup
Bread or bread alternate;		
Enriched or whole grain	1/2 slice	1 slice

\*1/3 cup (volume) or 1/2 oz (weight), whichever is less

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