

Calvary Christian School – Nutrition Opt Out Form

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.

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	1/2 slice	1 slice
Cereal, cold, dry, or	1/3 cup*	3/4 cup**
Hot, cooked	1/4 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)	1½ oz	2 oz
Meat alternates		
Cheese	1½ 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

**3/4 cup (volume) or 1 oz (weight), whichever is less

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**Student’s Name:** \_\_\_\_\_

I, the parent/guardian of the above named student, plan to provide all meals, snacks and drinks for my child while he/she is at school and do not expect his/her meals, snacks or drinks to be supplemented by the school to meet the Meal Patterns for Children in Child Care Programs from the United States Department of Agriculture (USDA), which are based on the recommended nutrient intake judged by the National Research Council to be adequate for maintaining good nutrition.

I understand that if I do not provide all the meals, snacks or drinks for my child, the school will contact me to provide the food and drink by or within the school’s designated snack and/or lunch hours.

\_\_\_\_\_  
(Parent/Guardian Print Name)

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)