



**TRUMBULL COUNTY EDUCATIONAL SERVICE CENTER
EARLY CHILDHOOD EDUCATION PROGRAM
PRESCHOOL SPECIAL EDUCATION PROGRAM**

Packed Lunch Requirements

Ohio Code 5101 Child Day Care Licensing law specifies that the noon meal must provide one third of the child's daily dietary requirements and caloric needs. To do this, your child's lunch needs to contain the following:

One serving of protein-rich food

- Meat.....1½ oz (11 g)
- Cheese.....1½ oz
- Egg.....1 large
- Peanut butter..... 3 Tablespoons
- Cooked dried beans, peas.....¾ cup
- Cottage cheese.....¾ cup



One serving of fruit or vegetable.....½ cup

A source of Vitamin C needs to be served daily and a source of Vitamin A three times a week. ONLY 100% fruit juices may be consumed.

One serving from the grain group

- Bread.....½ slice
- Cooked pastas, rice.....¼ cup
- Crackers.....2-3 small
- Biscuit, roll, muffin.....½ regular size
- Bun, bagel.....½ regular size

Only whole grain, fortified, or enriched grain products can be used as food sources for this food group.

One serving of milk.....¾ cup

Center provides this. Child MAY NOT substitute with juice unless a milk allergy is documented in child's health file. All juice drinks must be 100% fruit juice.

NOTE: Candy, potato chips, cheese puffs, fritos, twinkies, fat food items, marshmallows, Donuts, fruit roll-ups or fruit bits, pre-packaged puddings, and pastries are examples of empty calorie foods which may not be consumed at lunch. Additionally, many pre-packaged foods contain high concentrations of salt, sugar, chemicals, artificial sweeteners. We attempt to use moderation in exposing children to additives of any type.

For children under age 4, avoid any foods which might occlude the airways (eg. Chunks of meat which cannot be swallowed whole, hotdogs sliced into rounds, whole grapes, nuts and seeds). All foods which do not meet the above standards will be sent home. We believe that it is important for children to enjoy a healthy diet at school as well as at home. "Junk" or "empty calorie" foods are not used as a reward for eating nutritious foods.

Guidelines:

- Plan a lunch around different foods to provide a variety of nutrients.
- Ask your child which foods he/she likes best. Include these in the lunch. You may also wish to involve your child in the preparation of some lunches.
- Foods need to be wrapped or placed in air tight containers.
- Foods that are mixed with salad dressing (tuna, ham, potatoes, eggs), must be handled with great care, especially in warmer weather. Try to refrigerate both filling and bread separately so both are cold to begin the day. Let the teacher know that those foods need to be refrigerated upon arrival.
- Since space is at a premium, you will want to refrigerate only those items which need to be kept cold. Please mark these items with your child's name.

EXAMPLES OF EXCELLENT FOODS

Group I: Protein rich foods

Cheese chunks
Peanut butter sandwich
Cottage cheese or cheese spread on bread
Tuna or egg salad
Chicken or turkey chunks
Hard-cooked eggs (leave in shell)
Yogurt

Group II: Fruits and vegetables

Vitamin C (daily)	Vitamin A (3 times/week)
Green pepper slices	Apricots
Broccoli, cauliflower	Plums, prunes
Potatoes, boiled or baked	Fresh or canned peaches
Oranges, sectioned	Green, leafy vegetables
Green, leafy vegetables	Sweet potato
Grapefruit	Carrots
Honeydew melon	Vegetable soup
Tangerines	Cantaloupe
Cabbage	Cubed watermelon
Pineapple	Tomatoes

Group III: Grains

NOTE: Only whole grain, fortified, or enriched grain products can be used as food sources. These foods may be served in conjunction with foods from Group I.

Pastas, rice dishes
Biscuits, rolls, buns
Breads, muffins, bagels
Crackers