



Dear COOS Families,

At Children of Our Savior Preschool, we ask that parents provide 1 snack for mid-morning, 1 healthy lunch and 1 additional snack for children staying extended day. Please be sure to label which food item is for snack and which food item is for lunch. Please also be sure to wash all lunch boxes, containers, water bottles and anything you send to the preschool **daily**.

Please review the following guidelines for healthy snack and lunches!

Blessings in Christ,

Ms. Beverly

Food Components	Age 1 and 2	Age 3 through 5	Age 6 through 12
Milk			
Milk, fluid	½ cup <sup>2</sup>	¾ cup	1 cup
Vegetables and Fruits			

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Vegetable(s) and Fruit(s) or	¼ cup	½ cup	½ cup
Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice	¼ cup	½ cup	½ cup
<b>Bread and Bread Alternates <sup>3</sup></b>			
Bread	½ slice	½ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. <sup>4</sup>	½ serving	½ serving	1 serving
Cold dry cereal <sup>5</sup>	¼ cup or 1/3 oz.	1/3 cup or 1/2 oz.	¾ cup or 1 oz.
Cooked cereal	¼ cup	¼ cup	½ cup
Cooked pasta or noodle products	¼ cup	¼ cup	½ cup
Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	¼ cup	¼ cup	½ cup

1. Children age 12 and up may be served adult size portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified in this section for children 6 up to 12.
2. For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.
3. Bread, pasta, or noodle products, and cereal grains, shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour; cereal shall be whole grain or enriched or fortified.
4. Serving sizes and equivalents to be published in guidance materials by FNS.
5. Either volume (cup) or weight (oz.) whichever is less.

(NOTE: Caution should be used with foods that can cause choking in young children and infants [under 4 years of age]. Such foods include, but are not limited to, nuts, e.g., peanuts; popcorn; large pieces of raw vegetables; large grapes; and hot dogs.)

**LUNCH OR SUPPER**

(2) The minimum amounts of food components to be served as lunch or supper as set forth in paragraph (a)(2) of ...[7 CFR, Part 226.20, Revised January 1, 1990] are as follows:

Food Components	Age 1 and 2	Age 3 through 5	Age 6 through 12
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Milk			
Milk, fluid	½ cup <sup>2</sup>	¾ cup	1 cup
Vegetables and Fruits			
Vegetable(s) and Fruit(s) or	¼ cup total	½ cup total	¾ cup total
Bread and Bread Alternates <sup>3</sup>			
Bread	½ slice	½ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. <sup>4</sup>	½ serving	½ serving	1 serving
Cooked pasta or noodle products	¼ cup	¼ cup	½ cup
Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	¼ cup	¼ cup	½ cup
Meat and Meat Alternates			
Lean meat or poultry or fish <sup>6</sup>	1 oz.	1-1/2 oz.	2 oz.
Cheese	1 oz.	1-1/2 oz.	2 oz.
Eggs	1 egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup
Peanut butter or soynut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp
Peanuts or soynuts or tree nuts or seeds <sup>7</sup>	½ oz. <sup>8</sup> = 50%	¾ oz. <sup>8</sup> = 50%	1 oz. <sup>8</sup> = 50%

1. Children age 12 and up may be served adult size portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified in this section for children age 6 up to 12.
2. For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.
3. Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
4. Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched, cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.
5. Serving sizes equivalents to be published in guidance materials by FENS.
6. Edible portion as served.

7. Tree nuts and seeds that may be used as meat alternates are listed in program guidance.
8. No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.

NOTE: Caution should be used with foods that can cause choking in young children and infants [under 4 years of age]. Such foods include, but are not limited to, nuts, e.g., peanuts; popcorn; large pieces of raw vegetables; large grapes; and hot dogs.)

**SUPPLEMENTAL FOOD**

(3) The minimum amounts of food components to be served as supplemental food as set forth in paragraph (a)(3) of [7 CFR, Part 226.20, Revised January 1, 1990] are as follows. Select two of the following four components. (Juice may not be served when milk is served as the only other component.)

Food Components	Age 1 and 2	Age 3 through 5	Age 6 through 12
<b>Milk</b>			
Milk, fluid	½ cup <sup>2</sup>	½ cup	1 cup
<b>Vegetables and Fruits</b>			
Vegetable(s) and Fruit(s) or	1/2 cup	½ cup	¾ cup
Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice	1/2 cup	½ cup	¾ cup
<b>Bread and Bread Alternates <sup>3</sup></b>			
Bread	½ slice	½ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. <sup>4</sup>	½ serving	½ serving	1 serving
Cold dry cereal <sup>5</sup>	¼ cup or 1/3 oz.	1/3 cup or 1/2 oz.	¾ cup or 1 oz.
Cooked cereal	¼ cup	¼ cup	½ cup
Cooked pasta or noodle products	¼ cup	¼ cup	½ cup
Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	¼ cup	¼ cup	½ cup
<b>Meat and Meat Alternates</b>			
Lean meat or poultry or fish <sup>6</sup>	1/2 oz.	1/2 oz.	1 oz.

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Cheese	1/2 oz.	1/2 oz.	1 oz.
Eggs	1/2 egg	1/2 egg	1 egg
Cooked dry beans or peas	1/8 cup	1/8 cup	¼ cup
Peanut butter or soynut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
Peanuts or soynuts or tree nuts or seeds <sup>7</sup>	½ oz.	½ oz.	1 oz.
Yogurt, plain, or sweetened and flavored or an equivalent quantity of any combination of the above meat/meat alternates.	2 oz. Or ¼ cup	2 oz. Or ¼ cup	4 oz. Or ½ cup

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2. For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.
3. Bread, pasta, or noodle products, and cereal grains, shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour; cereal shall be whole grain or enriched or fortified.
4. Serving sizes and equivalents to be published in guidance materials by FNS.
5. Either volume (cup) or weight (oz.) whichever is less.
6. Edible portion as served.
7. Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

(NOTE: Caution should be used with foods that can cause choking in young children and infants [under 4 years of age]. Such foods include, but are not limited to, nuts, e.g., peanuts; popcorn; large pieces of raw vegetables; large grapes; and hot dogs.)