

2012-2013 Menu Guidance

- Breakfast will include milk, fruit, and a grain.
- Lunch & Hearty Snack will include milk, protein, grain and 2 servings of fruits and/or vegetables.
- **Whole milk for children 12-24 months**
- **One percent milk for children age 25 months and over**

Dietician justification:

1. Consistent with American Academy of Pediatric Guidelines
 2. Consistent with WIC Clinic guidelines
 3. Overweight children are much more prevalent than underweight children in Head Start and would reduce unnecessary fat calories.
- Low fat, low salt, low sugar
 - Whole wheat/whole grain 1x day(3gr fiber bread)(5gr fiber cold cereals)(3gr fiber hot cereals)
 - Light sour cream, light or fat free yogurt, light cream cheese
 - Salt & pepper not necessary at tables
 - Butter & margarine not necessary at tables
 - These are not part of the 1/3 Recommended daily allowances. They also do not meet the Nutrition Plan guidelines that foods be low in salt and fat.
 - Cottage cheese needs to be low-fat, 2% or light
 - Salad dressings/dips should be light or fat-free
 - Add these to front of the menu cover

Mealtime Beverage Policy- Milk alone is fine to offer at meal and snack times. Be sure that water is available between meals.-Not at mealtime.