

The following is the current menu for K-Prep Learning Center. Please read over the menu and decide which food items you will allow your child to have. Check one of the two boxes at the bottom of this form and complete the allergy/dietary needs questions. BOTH parents sign and date before returning this form to school.



Monday	Tuesday	Wednesday	Thursday	Friday
Honey Nut Cheerios* Water	Honey Nut Cheerios* Water	Honey Nut Cheerios* Water	Honey Nut Cheerios* Water	Honey Nut Cheerios* Water
Chicken Dogs on Roll Green Beans Milk	Meatballs with Bread Peas Milk	Chicken Nuggets Corn Milk	Toasted Cheese Ravioli Carrots Milk	Pancakes and Sausage Fruit Variety Milk
Animal Crackers Water	Graham Crackers Water	Goldfish Water	Vanilla Wafers Water	Veggie Straws Water

Sometimes our "Creative Learning" time includes experimentation with food items. This includes food being used in an art project, as part of a sensory experiment, etc. This may include food items that are not part of our regular menu. Please indicate if you have any concerns about your child participating in any of these special activities. *Honey Nut Cheerios are made with almonds. If concerns for an almond allergy, indicate that and regular Cheerios can be substituted.

I allow my child to be given **any of the above items** on this menu, as well as any food from home. I also allow my child to participate in "creative learning" that might include food items not on the regular menu. I understand that children are unpredictable and sometimes this menu will vary. I understand it is my responsibility to inform my child's school in writing of any changes that need to be made to this form.

OR

I allow my child to be **given only the circled items** on this form. I will provide food for my child on the days in which I am not allowing him/her to have school food. I also allow my child to participate in "creative learning" that might include food items not on the regular menu. I understand that children are unpredictable and sometimes the menu may change. I understand it is my responsibility to inform my child's school in writing of any changes that need to be made to this form.

Does your child have any food allergies? YES / NO Please list: _____

Does your child have any special dietary needs? YES / NO Please Explain: _____

At K-Prep, we try to provide healthy food and encourage healthy eating habits. Our menu follows the health guidelines set by the Department of Public Welfare. In addition, our menu does not include daily desserts. We save cookies, cakes and extra fun food for special occasions, i.e. birthdays. Occasionally, we will include birthday/holiday treats with lunch. Please indicate if you have any concerns about your child receiving any sweet treats (cupcakes, cookies, brownies, etc).

Do you allow your child to participate in birthday/holiday treats? YES / NO Special Instructions: _____

_____ child's name

_____ parent/legal guardian 1 signature and date

_____ parent/legal guardian 2 signature and date