

Preschool has a cafeteria style menu.

Every day the children have options, and they must choose at least 3 different options for their plate.

If your child has a food concern or is *not allowed* to have one of these options for lunch, please indicate which options they can *not* have. Thank you.

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 Cheese Stick Fruit cup / Applesauce Water / Milk	Meatballs Bread / Roll Peas Cheese Stick Fruit cup / Applesauce Water / Milk	Chicken Nuggets Bread / roll Corn Cheese Stick Fruit cup / Applesauce Water / Milk	Chicken noodle soup/Crackers Toasted Cheese Ravioli Carrots Cheese Stick Fruit cup / Applesauce Water / Milk	Pancakes Breakfast sausage Cheese Stick Fruit cup / Applesauce Water / Milk
Animal Crackers Water	Graham Crackers Water	Goldfish Water	Vanilla Wafers Water	Veggie Straws Water

I allow my child, _____ to be given any of the above items on this menu. 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 new food concerns and/or allergies or food sensitivities that may develop in my child. *Honey Nut Cheerios are made with almonds. If concerns for an almond allergy, indicate that and regular Cheerios can be substituted.

My child can *not* be offered the following items at school: _____

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

If Yes to either question, please explain your child's reaction. _____

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

Yes to either question, please explain your child's reaction. _____

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: _____

parent/legal guardian 1 signature and date

parent/legal guardian 2 signature and date