



Hello and Good Afternoon CCH Family! Below, please find a sample lunch menu to be served for those who sign up for our lunch program. For \$2 per day your child can enjoy a healthy and nutritious meal. All meals will be catered by Ms. Gigi's Catering Services (serving PG County) and will be delivered to our center 2x per week. Staff will serve the meals family style and all silverware and utensils will be provided. In keeping with the culture of our center all meals will be nut free and follow USDA Nutritional Guidelines for a full-course meal.

1- 2-year-old

1 ounce of meat or meat substitute
1/4 cup of vegetables
1/4 cup of fruit
1/2 slice of bread
1/2 cup of milk (4 ounce of milk)

3 to 5-year-old

1 1/2 ounces of meat or meat substitute
1/2 cup of vegetables
1/2 cup of fruit
1/2 slice of bread or 1/2 ounce
3/4 cup of dairy (6 ounces)

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

HEALTHY OILS

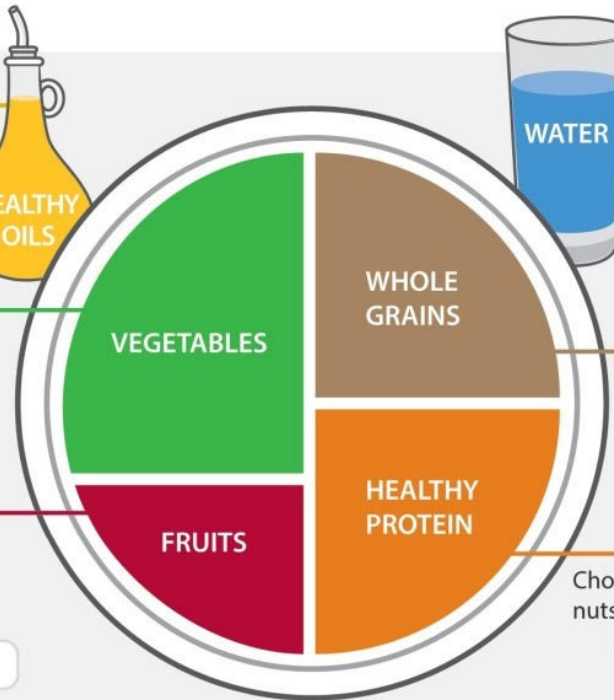
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

© Harvard University



WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

A few things to know before signing up;

- Sign-up is monthly and part-time servings are not available
- Lunch fee will be added to your monthly tuition and is due along with your invoice by the 15th
- If you sign up to receive lunches your child will receive morning and afternoon snack at no additional cost (you do not need to pack any food)
- All parties interested must provide an updated list of all food/environmental allergies and dietary restrictions
- Free lunch is available to those who meet income eligibilit(ies) as it relates to household income set forth by the CACFP (Child & Adult Care Food Program). See below.
- To discontinue lunch services please provide a 2 weeks notice as a courtesy
- Lunch service can only be provided for our Sun Beam, Busy Bee, Caterpillar Carpenter & Helping Hand's Classes



Monthly Menu
February 2020
CATERPILLAR CLUBHOUSE



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese Quesadilla on Whole Grain Tortilla Fresh Spinach Salad w/ Italian Dressing Pineapple Chunks Milk	Veggie Taco Casserole Tortilla Chips Shredded Lettuce & Diced Tomato Sliced Pears Milk	Veggie Burger on Whole Wheat Bun Sweet Potato Fries Fresh Apple Slices Milk	Cheese Pizza Garden Salad w/ Ranch Dressing Fresh Grapes Milk	Red Beans & Rice Steamed Spinach Fresh Apple Slices Milk
Week 2	Meatless Meatball Spaghetti Roasted Broccoli Fresh Orange Wedges Milk	Black Bean Burger on Whole Wheat Bun Sweet Potato Fries Fresh Apple Slices Milk	Pasta & Marinara Sauce Green Peas Fresh Orange Wedges Milk	Sun Butter & Jelly Sandwich on Whole Wheat Bread Fresh Carrot Sticks w/ Ranch Dressing Fresh Apple Slices Milk	Build Your Own Bowl Black Beans Roasted Corn Spanish Rice Salsa Pineapple Chunks Milk
Week 3	Meatless Chili Sweet Corn Corn Bread Fresh Apple Slices Milk	Macaroni & Cheese Roasted Brussel Sprouts Sliced Peaches Milk	Grilled Cheese on Whole Wheat Sweet Corn Fresh Grapes Milk	Vegetable, Potato & Bean Soup Fresh Strawberries Whole Wheat Crackers Milk	Hummus & Pita Carrot Sticks Sliced Peaches Milk
Week 4	Fried Rice w/ Egg Stir Fry Broccoli Fresh Orange Wedges Milk	Meatless Sausage Buttermilk Biscuit Glazed Crinkle Cut Carrots Fresh Orange Wedges Milk	Veggie Burger on Whole Wheat Bun Sweet Potato Fries Fresh Apple Slices Milk	Mini Vegetable Quiche Garden Salad w/ Ranch Dressing Fresh Grapes Milk	Red Beans & Rice Steamed Spinach Fresh Apple Slices Milk

**Food choices may vary on specific days because of various circumstances including but not limited to inclement weather, field trips, enrollment etc.
** Ages 1-2= Whole Milk Served ***Ages 3-5= 1% or Skim Milk Served

INCOME ELIGIBILITY GUIDELINES
(Effective July 1, 2019 through June 30, 2020)

Household Size	Free Meals					Reduced-Price Meals				
	Yearly	Monthly	Twice per month	Every Two Weeks	Weekly	Yearly	Monthly	Twice per month	Every Two Weeks	Weekly
1	\$16,237	\$1,354	\$677	\$625	\$313	\$23,107	\$1,926	\$963	\$889	\$445
2	21,983	1,832	916	846	423	31,284	2,607	1,304	1,204	602
3	27,729	2,311	1,156	1,067	534	39,461	3,289	1,645	1,518	759
4	33,475	2,790	1,395	1,288	644	47,638	3,970	1,985	1,833	917
5	39,221	3,269	1,635	1,509	755	55,815	4,652	2,326	2,147	1,074
6	44,967	3,748	1,874	1,730	865	63,992	5,333	2,667	2,462	1,231
7	50,713	4,227	2,114	1,951	976	72,169	6,015	3,008	2,776	1,388
8	56,459	4,705	2,353	2,172	1,086	80,346	6,696	3,348	3,091	1,546
For each additional family member add . . .	\$5,746	\$479	\$240	\$221	\$111	\$8,177	\$682	\$341	\$315	\$158

Use the following procedures for evaluating household income on free and reduced-price meal applications when comparing to the Income Eligibility Guidelines (IEGs):

- If a household has only one income source, or if all sources are the same frequency, do not use conversion factors. Compare the income, or the sum of incomes, to the published IEG for the appropriate frequency and household size to make the eligibility determination.
- If a household reports income sources at more than one frequency, annualize all income by multiplying weekly income by 52, income received every two weeks by 26, income received twice a month by 24, and income received monthly by 12. Do NOT round the values resulting from each conversion. Sum all the unrounded converted values and compare the unrounded total to the IEGs for annual income for the appropriate household size.