

**THOMAS JEFFERSON
ACADEMY'S CUBHOUSE
K3 PROGRAM**

DIRECTOR: CATHY TINER

LEAD TEACHER: JACKIE WALDEN

(478) 625-8861

**In the absence of the director, the lead
teacher will be in charge.**



THOMAS JEFFERSON ACADEMY, INC.
PRESCHOOL PROGRAM
Application of Admission

2264 Highway 1 North
Louisville, GA 30434

Phone: (478)625-8861
Fax: (478) 625-9196

Name of family referring you to TJA _____

Student Name _____ Entering Grade _____
(Last) (First) (Middle)

Sex _____ Birth Date _____ Age _____ SS# _____

Residence address _____

City _____ State _____ Zip Code _____

Home phone _____ Cell phone _____

Occupation _____ Firm _____ Work Phone _____

Father's Name _____ Living? Yes () No ()

Residence address _____

City _____ State _____ Zip Code _____

Home phone _____ Cell phone _____

Occupation _____ Firm _____ Work Phone _____

Mother's Name _____ Living? Yes () No ()

Residence address _____

City _____ State _____ Zip Code _____

Home phone _____ Cell phone _____

Occupation _____ Firm _____ Work Phone _____

Physical/Medical Disability: Yes () No () Explain _____

Any Known Allergies? _____

Family Physician _____ City _____ State _____ Zip _____

Emergency names and numbers (relatives, neighbors, etc.)

1. _____ Relation _____ Phone _____
2. _____ Relation _____ Phone _____
3. _____ Relation _____ Phone _____

Name of person(s) to whom the child may be released

Name _____

Residence address _____

City _____ State _____ Zip Code _____

Home phone _____ Cell phone _____

Name _____

Residence address _____

City _____ State _____ Zip Code _____

Home phone _____ Cell phone _____

Name _____

Residence address _____

City _____ State _____ Zip Code _____

Home phone _____ Cell phone _____

Name _____

Residence address _____

City _____ State _____ Zip Code _____

Home phone _____ Cell phone _____

Name _____

Residence address _____

City _____ State _____ Zip Code _____

Home phone _____ Cell phone _____

*We need the following documents on file for your child entering K-3, K-4.
These may be obtained from the Health Department or your Physician.*

K-3 & K-4 Requirements:

Birth Certificate & Immunization Form # 3231, Photocopy of SS Card

Family Information

Please complete form in its entirety and return to Becky Harrison as soon as possible.

Student's full legal name _____

S. Birth date _____ County of Residence _____

S. Home Phone _____ S. email address _____

S. Cell Phone _____ Cell Phone Carrier _____

Father's full legal name _____

F. Birth date _____ County of Residence _____

F. Home address _____

F. Home Phone _____ F. email address _____

F. Cell Phone _____ Cell Phone Carrier _____

Employer _____ Work Phone _____

Mother's full legal name _____

M. Birth date _____ County of Residence _____

M. Home address _____

M. Home Phone _____ M. email address _____

M. Cell Phone _____ Cell Phone Carrier _____

Employer _____ Work Phone _____

Parents' status: Married _____ Divorced _____ Separated _____ Single _____

Which parent does student live with? Both ___ Mother ___ Father ___

Which phone number will be primary number? _____

If remarried, please enter same information for step-parent on back of this form.

Allergies: _____

Physician: _____

Thomas Jefferson Academy

Preschool Program

K3 Cubhouse

EMERGENCY MEDICAL AUTHORIZATION

Should (child's name) _____ Date of birth _____
suffer an injury or illness while in the care of (Facility name) _____
and the facility is unable to contact me (us) immediately, it shall be authorized to secure such medical
attention and care for the child as may be necessary. I (We) shall assume responsibility for payment for
services.

Parent/Guardian: _____ Date: _____

Signature

Facility Administrator/Person-In-Charge _____

Signature

Date: _____

THOMAS JEFFERSON ACADEMY
CUBHOUSE K3 POLICIES
(478) 625-8861

The TJA Cubhouse three year old program (K3) is available to children three who may turn four during the school year. The program is located on the school grounds of TJA. Children must adhere to school rules established by the Thomas Jefferson Academy Board of Directors.

Children Served

TJA K3 program is open to children who are three years old and may turn four years old during the school year. We service all children without regard to race, creed, color, national origin, or disabled condition.

Months of Operation

TJA K3 program will operate in the months of August, September, October, November, December, January, February, March, April, and May.

Days of Operation

Days of operation are Monday – Friday.

Hours of Operation

The K3 program is offered during the hours of 7:50 am – 2:30 pm. The program will be open 7:50 am – 12:00 noon during early dismissal days due to exams or other school related activities.

Dates Center is Closed

The program will be closed during the holidays listed on the TJA School Calendar which include Labor Day, Fall Holidays, Thanksgiving Holidays, Christmas Holidays, Martin Luther King Holiday, Winter Holidays, spring holidays, miscellaneous days off and summer break.

Admission Requirement

To insure the best quality services, we will need you to provide us with certain information about your child BEFORE he/she starts. Enrollment forms, health history forms, immunization certificates, parental agreement, etc. must be completed before the child begins. All children must be fully potty-trained to enroll in the K3 program.

Enrollment Checklist

- Enrollment Form
- Health History Forms
- Parental Agreement
- Immunization Certificate

Fees

Fees for K3 for the school year 2025-2026 is as follows:

\$6,000 - Per child full day

\$3,000 - 1/2 day everyday all year

Withdrawal

By agreeing to the Enrollment Contract, parents agree to pay the fee established. If parents choose to pull their children out of the program, the slot will be filled. Once a child is withdrawn, they can only be admitted into the program again providing enough space is available. All accounts must be cleared by the end of the school year.

Arrival Time

Parents will report to the Cubhouse where they must sign in their child each morning and sign out their child each day for pickup.

Authorized Pick – Up

Your enrollment information includes a section where you list persons authorized to pick up your child. If there is a custody suit in progress, these persons must be agreed to by BOTH parents until such time that child custody is awarded. Please inform seldom seen persons lists as authorized individuals that they may be required to show a child into and out of the building.

Custody Information

If a parent's name is listed on the enrollment form, we cannot refuse that parent's right to pick up the child unless you give us legal documentation, which either denies custody or specifically prohibits the parent from taking the child from school. If there are no supporting documents but there is reason to believe the child's safety will be jeopardized, we will try to delay departure in order to contact the other parent and/or police. Your enrollment information includes a section where you list persons authorized to pick up your child. If there is a custody suit in progress, these persons must be agreed to by BOTH parents until such time that child custody is awarded.

Visitors

Parents always have access to their child, teacher, and administrators any time during the hours of operation, but please remember that your child's teacher is actively engaged in the day-to-day supervision of all the children in the classroom and therefore we ask that interruptions be kept to a minimum.

Smoking

Smoking is not permitted on Thomas Jefferson Academy grounds.

Clothing

Please make sure your child is appropriately dressed for the weather. Shoes MUST be worn to school that will be comfortable for playing in. Refer to the TJA student handbook for other clothing requirements.

Jackets/Hats

Please remember that children are taken outdoors daily (unless extreme weather conditions exist). Each child needs to have a heavy winter jacket, mittens or gloves, and a hat for cold winter days. Cool fall and spring days will require a lightweight jacket and, perhaps a hat. Please put your child's name in each item of clothing.

Medicines

Please deliver prescription medicines to your child's teacher (with instructions). The parent must fill out the necessary information on the Medicine Chart, therefore please allow yourself time for this necessary task. The medicine bottle must show the child's name, prescription number, names of the doctor and amount and time of day to give medicine and a CURRENT date. This rule will be strictly enforced. Prescriptions will not be administered for more than two weeks unless written authorization from the physician is obtained. Parents will be

notified if any adverse reactions are noted. In order for over the counter medicine, appropriate medicine forms must be completed. Parents will be informed immediately if noticeable adverse reactions to prescribed medications is observed.

Illness

For the protection of ALL children, your child should be kept at home if any of the following symptoms are present: a temperature (99.6 +), diarrhea or vomiting, started on antibiotics less than 24 hours, thick nasal discharge, rash, runny eyes, runny nose, and, any other unusual symptoms, which may necessitate the child's staying at home. If these symptoms occur while your child is at school, you will be notified to immediately pick up your child. A child shall not be accepted nor allowed to remain at the center if the child has a 99.6 degree temperature and another contagious symptom, such as, but not limited to, a rash or diarrhea or a sore throat.

Severe Weather and Physical Plant Problems

In the event of severe weather (tornado) the children will be placed in the main hallway of the school building if time allows. If time does not allow, children will be placed in the bathrooms of the Cubhouse. Children will take the position of being on their knees and covering their heads. The children are safer remaining indoors as opposed to en-route home in your vehicle, but feel free to call us regarding your child's safety at any time. Severe weather drills are practiced monthly.

In the event of a fire, the children are escorted to the rally point near the baseball field. Fire drills are practiced monthly with the children. In the event of a gas leak or bomb threat, the children will be escorted to the football field where you will be contacted to pick up your child.

In the event of physical plant problems (water, electricity, etc.) the children will remain at the school as long as their safety is not jeopardized. At all times your child's safety is of utmost importance to us. If the situation warrants the evacuation of children, parents will be notified and asked to pick up their children.

Please refer to TJA's Emergency Plan for procedures for all emergency situations.

Contagious Diseases

Please notify the school if your child has contracted or been exposed to a contagious disease such as strep throat, pin worms, viral infections, measles, mumps, chicken pox, etc. Notice will be sent out alerting other parents and detailing symptoms in case other children may have been exposed.

If Your Child Becomes Ill at School

If your child becomes ill at school he/she will be removed from the children's classroom and parents will be contacted and asked to pick up their child immediately. We will make every effort to make your child as comfortable as possible until you arrive.

Emergencies

Parents will be notified immediately of injury or illness. Parents must sign a consent form to allow for a severe emergency to be handled hastily. Ambulance serviced will be called for serious injuries if medical care is needed. Children will be transported to Jefferson Hospital in Louisville (478) 625-7000.

Guidance and Discipline Techniques

The first obligation of Thomas Jefferson Academy is to insure the safety of your child. We ultimately want your child to develop self-control and social skills that will enable him/her to work and play in a group. Clear, simple

instructions with praise for appropriate behavior are usually sufficient. No child or adult will be allowed to jeopardize the safety of the others in attendance. Therefore, hitting, biting, punching, etc. will not be tolerated. Any child doing so may be subjected to suspension or expulsion. Occasionally, we may find it necessary to contact you regarding your child's behavior. Faculty and staff will not inflict corporal/physical punishment, shake, jerk, pinch, or handle roughly ANY child. Verbal abuse, humiliation, threats, or belittling remarks will not be tolerated.

Toys and Candy

Other than bringing a stuffed toy at the beginning of the school year while the child is adjusting to the newness of school and to sleep with at nap time, please DO NOT send toys, candy, or gum. We cannot be responsible for toys brought to school with your child and it is not safe or for your child to have candy or gum as both may be considered choking hazards.

Food

TJA K3 program is provided lunch to all children. Meals are prepared in the school lunchroom and delivered to the Cubhouse. Lunches brought in from home will be monitored to assure that each child is provided a nutritious meal each day. TJA's lunchroom will provide supplemental food to students who may not have a nutritious meal included in their lunchboxes. Please see the menu posted. If your child does not eat what is planned, parents will need to send a lunch from home. TJA offers a daily snack for purchase or parents may send a snack from home.

****Parents must inform staff on any possible food allergies.****

Rest

Children in the K3 program are not required to take a nap, but if your child does feel the need for one, we will make him/her as comfortable as possible. TJA's sleep policy includes that all children must have individual assigned cots. Children are allowed a blanket or towel and items will be returned home weekly for laundering. Each child's bedding must not touch another child's bedding. Cots sheets will be washed weekly by staff.

Parent provided items

Parents must provide a blanket or towel for covering during rest time. Parents must provide an extra change of clothing for "accidents". Soiled clothing will be placed in a ziploc bag and returned to parents.

Special Needs

Please indicate any special procedures, which need to be followed in the caring of your child. If we can be of help in contacting special services for your child with special needs, please discuss this with your child's teacher, school counselor, or headmaster.

Required to Report

We are required by law to report suspected cases of child abuse, neglect, exploitation, or deprivation to the Department of Family and Children Services and will not hesitate to do so. Notifiable Communicable Illnesses are reported to the Jefferson County Health Department.

Field Trips

The TJA K3 program will take field trips. It is mandatory that each child will be transported by a parent, and or guardian, on all field trips. A name badge identifying your child, school's name, and phone number will be placed on each child during field trips.

Transportation

Thomas Jefferson Academy does not provide transportation for Cubhouse three year programs. Parents must deliver, pickup, and provide transportation for all field trips.

Enrollment Forms and Information

You will be asked to fill out somewhat detailed information sheets on your child. These information sheets will be available to the teachers and teacher’s aides to increase their understanding of your child and his/her development.

Parental Agreement

After having read these policies and guideline for Thomas Jefferson Academy, you are required to sign an agreement form with the school stating that you have read and agree to abide by the policies of this facility. This form must be on file.

Daily Activities

K3 Daily Schedule

7:50-8:00	Arrival, Welcome, Routine Care*
8:00-8:15	Exploration (Child Initiated Activities)
8:15-8:40	Devotion, Prayer, Pledge, Calendar
Teacher Directed	Activities (Colors, Shapes, Counting, Number Recognition, Letter Recognition)
8:40-9:00	Routine Care*, Blessing, Snack
9:00-9:15	Story Time (Large Group)
9:15-10:00	Outside Time/Imagination Stations (Centers)/Gross Motor Play
10:00-10:35	Teacher Directed Activities (Small Group/One to One)
10:35-10:50	Music and Movement
10:50-11:00	Routine Care*, Blessing
11:00-11:35	Lunch
11:35-11:45	Transition Activities/Story/Prepare for Nap
11:45-1:15	Nap Time
1:15-1:30	Routine Care*
1:30-2:15	Outside Time/Gross Motor Play
2:15-2:30	Dismissal

*Note: Routine Care happens throughout the day as needed and includes: toileting, handwashing. Toileting is based on individual child’s needs/schedules.

Posted Notices

Please see posted notices at entryway into the Cubhouse. Postings include copy of rules, communicable disease chart, statement of parental access, names of person in charge, current weekly menu, TJA Emergency Plan, and Statement for Visitors. (Once licensed, the license and review of evaluation report will be posted.)

After having read these policies and guidelines for Thomas Jefferson Academy’s Cubhouse K3 program, you are required to sign a Parental Agreement form with the school stating that you have read and agree to abide by the policies of this facility. Please see attached parental Agreement.



Parental Agreement

Thomas Jefferson Academy Preschool Program

Thomas Jefferson Academy agrees to provide preschool services for (Name of Child) _____ on Monday – Friday 7:50 a.m. to 2:30 p.m., from August through May. I, being the parent, understand that it is my responsibility to provide a nutritious snack for my child every morning to be sent to school. My child will bring a lunch to school or purchase a lunch from the lunchroom. I will assure that my child will be provided a nutritious lunch each day.

Before any medication is dispensed to my children I will provide a written authorization, which includes: date, name of child, name of medication, prescription number, if any; dosage; date and time of day medication is to be given. Medicine will be in the original container with my child's name marked on it.

My child will not be allowed to enter or leave the facility without being escorted by the parent(s), person authorized by parent(s), or facility personnel.

My child will be potty trained before school starts.

I acknowledge it is my responsibility to keep my child's records current to reflect any significant changes as they occur, e.g. telephone numbers, work location, emergency contacts, child's physician, child's health status, etc.

The facility agrees to keep me informed of any incidents, including illnesses, injuries, adverse reactions to medication, exposure to communicable diseases, which include my child.

Thomas Jefferson Academy agrees to obtain written authorization from me before my child participates in routine transportation, field trips, special activities away from facility, and water-related activities occurring in water that is more than two (2) feet deep.

I have received a copy and agree to abide by the policies and procedures for Thomas Jefferson Academy.

591-1-1.29 /290-2-3-.14 of Rules and Regulations for Child Care Learning Centers and Family Child Care Learning Homes requires that any death, serious injury or illness requiring hospitalization or professional medical attention, or any situation where a child becomes missing while in care be reported to the Bright from the Start within twenty-four (24) hours or the next business day following the reportable situation.

Signature (parent/guardian) _____ Date _____

Signature (Facility Administrator) _____ Date _____

Thomas Jefferson Academy
2264 Highway 1 Bypass North
Louisville, Georgia 30434

4

Authorization to Dispense External Preparations

590-1-1-.20(1)

Parental Authorization. Except for first aid, personnel shall not dispense prescription or non-prescription medications to a child without specific written authorization from the child's physician or parent. Such authorization will include, when applicable, date; full name of the child; name of the medication; prescription number, if any; dosage; the dates to be given; the time of day to be dispensed; and signature of parent.

I give _____, permission to apply one or more of the following topical ointments/preparations to my child in accordance with the directions on the label of the container.

- _____ Baby Wipes
- _____ Band-aids
- _____ Neosporin or similar ointment
- _____ Bactine or similar first aid spray
- _____ Sunscreen
- _____ Insect Repellent
- _____ Non-Prescription ointment (such as A & D, Desitin, Vaseline)
- _____ Baby Powder
- Other (please specify) _____

Parent/Guardian Signature

Date

*center should maintain in child's file

Thomas Jefferson Academy
 2264 Highway 1 Bypass North
 Louisville, Georgia 30434



Authorization to Dispense Medication

Family Child Care Rule: 290-2-3.11(1)(d)

Except for first aid, personnel shall not hand out prescription or nonprescription medications to a child without specific written authorization from the child's physician or parent. All medications shall be stored in accordance with the prescription or label instructions and kept in places that are inaccessible to children. Each dose of medication given to a child shall be documented showing the child's name, name of medication, date and time given, and the name of the person giving the medication.

*It is up to the provider to decide whether or not they dispense non-prescription medication.

Child's Full Name:				
Name of Medication:				
Prescription Number:				
Physician's Name:		Phone Number:		
Date(s) to give medication:				
Time of day medication is to be given:	a.m. or p.m.	a.m. or p.m.	a.m. or p.m.	a.m. or p.m.
Amount (Dosage) of medication to be given each time:				
How medication is to be stored:				

 Parent/Guardian Signature

 Date

Medication Record to be completed by Child Care Provider

Date	Time (a.m./p.m.)	Amount (Dosage)	Any Adverse Reaction	Signature of person giving medication

If adverse reaction to medication was noted, please describe action taken:

Note: This form must be used for all over the counter medications (e.g., Tylenol, cough syrup, Benedryl) and all prescription medications including the use of a Nebulizer.

Thomas Jefferson Academy
Preschool Program- K3 Cubhouse
Meal Agreement

As parent of (child's name) _____, upon sending my child's snack and/or lunch from home, I hereby agree to meet the USDA required lunch and snack meal patterns for children ages 3-5 as described in the attachments:

1. Updated child and adult care food program meal patterns: Child and Adult (Updated October 1, 2017)
2. Child and adult care food program: Best Practices.

BFTS rule 591-1-1-.15 Food and Nutrition Rule update states:

"Food shall be served according to manufacturer's instructions and recommendations. Foods that are associated with young children's choking incidents, such as, but not limited to, peanuts, hot dogs, raw carrots, popcorn, fish with bones, cheese cubes, grapes and any other food that is similar shape and size of the trachea/windpipe shall not be served to the children less than four (4) years of age." Children older than for (4) years of age may be served these foods provided that the foods are cut in such a way as to minimize choking: chopped, diced, cut, or mashed and is appropriate for each child's age and individual eating, chewing, and swallowing ability.

To maintain compliance with Bright from the Start, Thomas Jefferson Academy's K3 Program must adhere to these guidelines. Please do not send snacks or lunches that has the above items or other items that may be considered choking hazards.

To clarify expectations for children who are 4 years old in terms of food restrictions, BFTS states:

"When thinking about restrictions for food, consider two groups: 1) children who are younger than four (4) years of age; 2) and children who are four (4) years of age and older. Once children reach their fourth birthday, they would be considered in the "older than four (4) years of age group."

If you're in doubt of a food item, please do not send the item.

*All lunches purchased from Thomas Jefferson Academy' cafeteria meet Bright from the Start meal requirements.

***Please note that if a parent sends a food item that is restricted, the teachers nor the director will serve the child that item. Also, teachers are not allowed to cut, chop or slice food items. Please make sure you follow the guidelines to make a smooth process for your child.**

I have read, understand, and will adhere to TJA's K3 Cubhouse Meal Agreement.

Parent/Guardian: _____ Date: _____

Signature

Facility Administrator/Person-In-Charge _____ Date: _____

Signature

Cathy Tiner
Director/Cubhouse K3 Program

CHILD MEAL PATTERN

Lunch and Supper				
(Select all five components for a meal)				
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	⅛ cup	¼ cup	½ cup	½ cup
Fruits^{6,7}	⅛ cup	¼ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

¹ Must serve all five components for a meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

CHILD MEAL PATTERN

Snack				
(Select two of the five components for a snack)				
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18² <small>(select after-school programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅓ cup	⅓ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅓ cup	⅓ cup	¼ cup	¼ cup

¹ Select two of the five components for a snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

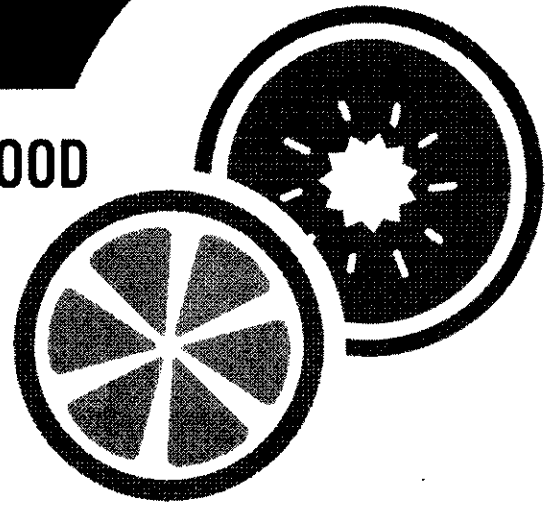
⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.



UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS:

CHILD AND ADULT MEALS



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- Yogurt may be served in place of milk once per day for adults only.



Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing foods on-site.

Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		½ cup		¾ cup		½ cup		
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	¾ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		¾ cup		½ cup		
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	1 servings	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.