

St. Croix Kids Early Childhood Center
111 East Orleans Street
Stillwater, MN 55082
651-439-3616
http://www.stcroixkids.org
Local, Non-Profit Child Care Since 1969

Welcome to St. Croix Kids Early Childhood Center

We are glad to have you and your child(ren) as a part of our program!

What to bring to St. Croix Kids each day:

TODDLERS:

- Bag lunch (please have food cut & ready for your child to eat) or let your child's Teacher know that you would like a Kowalski's lunch
- Diapers and wipes (marked with your child's first and last name)
- Diaper rash cream (marked with your child's first and last name)
- Two complete changes of clothing (including socks and underwear)
- An extra pair of shoes
- A blanket and small pillow for nap time
- Outerwear based upon the weather
- Swimsuit and towel (summer months)

PLEASE LABEL EVERYTHING - Initials on shirt & pant tags works well.

MONKEYS/DINOSAURS:

- Bag lunch (please have food cut & ready for your child to eat) or let your child's Teacher know that you would like a Kowalski's lunch
- Two complete changes of clothing (including socks and underwear)
- An extra pair of shoes
- A blanket and small pillow for nap time
- Outerwear based upon the weather
- Swimsuit and towel (summer months)
- Diapers and wipes if applicable

PLEASE LABEL EVERYTHING - Initials on shirt & pant tags works well.

With the exception of show and tell days, we ask that children leave toys and games at home.

If your child is potty training, please make sure there are 4 complete changes of clothing here each day and an extra pair of shoes.



Local, Non-Profit Since 1969

St. Croix Day Care Center and Preschool REGISTRATION FORM

Please complete and return to the office before your child's first day of attendance. For your child's safety, please inform us promptly if any changes occur. <u>Please be sure all addresses and phone numbers are</u> correct and complete!

CHILD'S NAME	NICKNAME
BIRTHDATE	MALEFEMALE
HOME ADDRESS	CITY/STATE
CHILD LIVES WITH: MOTHER	FATHER OTHER
MOTHER'S NAME	HOME PHONE
CELL PHONE	EMAIL
HOME ADDRESS	CITY/STATE
PLACE OF EMPLOYMENT	OCCUPATION
ADDRESS	PHONE
FATHER'S NAME	HOME PHONE
CELL PHONE	EMAIL
HOME ADDRESS	CITY/STATE
PLACE OF EMPLOYMENT	OCCUPATION
ADDRESS	PHONE
PERSON RESPONSIBLE FOR TUITION_	
CHILD'S PHYSICIAN	PHONE
ADDRESS	CITY/STATE
CHILD'S DENTIST	PHONE
ADDRECC	CITY/STATE



Local, Non-Profit Since 1969

THE CHILD WILL BE RELEASED ONLY TO THE PERSON(S) SIGNING THIS APPLICATION, OR THE FOLLOWING PERSONS.

ALSO, IF WE ARE UNABLE TO REACH A PARENT IN AN EMERGENCY, THE FOLLOWING PEOPLE MAY BE CONTACTED AND ARE AUTHORIZED TO PICK UP THIS CHILD (AT LEAST TWO ARE REQUIRED BY THE DEPT. OF HUMAN SERVICES)

1.	NAME	RELA	ATIONSHIP				
	ADDRESS						
	HOME PHONE	WORK	CELL				
2.	NAME	RELA	ATIONSHIP				
	ADDRESS						
	HOME PHONE	WORK_	CELL				
3.	NAME	RELA	ATIONSHIP				
	ADDRESS	·					
	HOME PHONE	WORK	CELL				
4.	NAMERELATIONSHIP						
	ADDRESS						
	HOME PHONE	WORK	CELL				
WHO '	WILL USUALLY BRING TH	E CHILD TO DAY CARE OR PI	RESCHOOL?	-			
WHO	WILL USUALLY BRING TH	E CHILD HOME?					
CIRC	LE THE DAYS YOUR CH	ILD WILL BE IN ATTENDA	NCE: M T W	TH	F		
ARRI	VAL TIME	DEPARTURE TI	ME				
DOES	YOUR CHILD HAVE AN	IY ALLERGIES (FOOD, MEI	OS, OTHER)?				
DOES	S YOUR CHILD HAVE AN	IY SPECIAL EDUCATION N	EEDS?				



Local, Non-Profit Since 1969

Child's Development History

Child's Name	Date of Birth

Social Relationships and Development

				•	•		
1.	Has your child	had previous gr	roup experience	?	Where?_		
2.	Does your chil	d have neighbor	hood playmates	?	What age	2?	· · · · · · · · · · · · · · · · · · ·
3.	Does your chil	d know any othe	er children in th	is center or p	reschool?_		
4.	Do you feel yo	ur child will adj	ust easily to the	e child care o	r preschoo	l?	
	If no why?	Pleas	e advise on how	we can help.			
5.	Does your chil	d have any fear	s?	*			
6.	What makes y	our child frustr	ated or upset?_	•			
7.	How does your	child show his/	her feelings?_				
8.	Characteristic	: behavior: (plea	se circle the wo	ord or words)			
	happy	excitable	easily angered	whinny		cries	
	active	cheerful	stubborn	fights ofter	າ	cooperative	quiet
	independent	gives in easily	calm	wants own w	<i>ι</i> αγ	temper tantri	ums
	Others						
9.	Can your child	dress her/hims	elf?				
10.	What age did	your child begin	talking?				
11.	Does your chil	d have any spee	ch problems?				
12.	How often is y	our child read t	-0?				
13.	What is your o	child's favorite	TV program?				
14.	How many hou	rs per day does	your child watc	h TV?			
15.	What is your o	child's favorite	toy?				
16.	Does your chil	d have a pet?					
17.	How well does	your child get o	along with sibling	gs?			
18.	Please list nam	nes and ages of	siblinas:	Name		Age	

Eating

1.	What is your child's general attitude toward eating?
2.	What are your child's favorite foods?
3. 1	Does your child feed him/herself?
4. 3	Is your child allergic to any foods?
	Sleeping
1.	What time does your child go to bed at night?
2.	What time does he/she wake up in the morning?
3,	Does your child have his/her own room?
4.	Does your child sleep with a favorite blanket or stuffed animal, etc.?
5.	Does your child take naps?
6.	Does your child have a bottle or pacifier at night or nap?
	Bathroom Habits
1.	Will your child indicate her/his bathroom wishes?
2.	Does your child have any bowel or bladder irregularities?
3.	What word is used for urination?Bowel movement?
4.	Does your child have accidents?
5.	Does your child wet the bed at night?How often?
6.	Does your child wear diapers at nap or night?
Is t	here any additional information that would be helpful for us in getting acquainted with your child?
·····	·
-	·
Does	s either parent have any special request?
-	
	Kids is run by a volunteer Board of Directors, would you like to be involved? se indicate YES NO
Whe	ere did you hear about St. Croix Kids?



Local, Non-Profit Since 1969

GETTING TO KNOW YOU

Child's Name			
Please list the people who live within your byour child.	household (excep [.]	t siblings) and	what their relationship is to
Name	Name		
Relationship	Relati	onship	
Name	Name		
Relationship(if needed, list add			is form)
Please thoughtfully consider the follow success in our program.	ving questions ar	nd respond to	further enhance your child's
<u>Learning/Social/Developmental Conditions</u> Does your child have difficulties with aggr			
Does your child handle unexpected schedu	le changes with e	ase: Yes No	
Does your child handle new situations with	ease: Yes No		
Is your child sensitive to: loud noises Yes	s No Textures	Yes No	Personal space Yes No
Does your child make friends easily: Yes	No		
Has your child been diagnosed/identified v	with special needs	:: Yes No	
What is your child's most challenging beha	vior?		
What is your child's biggest strength			
I have concerns about my child in the follo	owing area(s)		



111 Orleans Street East Stillwater, MN 55082 651-439-3616 www.stcroixkids.org sheila@stcroixkids.org Local, Non-Profit Since 1969

FIRST AID FOR POSSIBLE POISONING

St. Croix Kids has taken every precaution to ensure that potential poisons are out of the reach of the children we care for. In the event that an accidental ingestion should occur however, our staff will consult with the Poison Control Center.

In case of poisoning, you as parent/guardian would be no and information provided by Poison Control as well as th and the condition of your child.	
In the event of an accidental ingestion, I understand th the Poison Control Center.	at St. Croix Kids' staff will contact
(Signature of Parent/Guardian)	(Date)
(Signature of Parent/Guardian)	(Date)
EMERGENCY MEDICAL PERMIS	SSION FORM
I hereby grant my permission for the St. Croix Kids stancessary to obtain emergency medical care if warrante personnel to perform such emergency treatment 1. For an emergency 911 will be called. 2. For a minor injury that requires medical attention emergency person will be contacted. 3. Any expenses incurred by the above will be born Staff are not allowed to transport children.	ed, and for qualified medical on the parent, guardian or
(Signature of Parent/Guardian)	(Date)
(Signature of Parent/Guardian)	(Date)



Child's Name

111 Orleans Street East Stillwater, MN 55082 651-439-3616 www.stcroixkids.org sheila@stcroixkids.org Local, Non-Profit Since 1969

PERMISSION/RELEASE FORM

Parent/Guard		*****		
				Fri,
	<u>rvice Agreement</u> - se indicate hours).		days my child will atte	end
the P terms	arent Handbook d	and Tuition Agreem		t of familiarized myself with overning the enrollment o
recor			enter: immunization d a Health Care Sumr	mary form (within 30 day:
used		the event (field trip	and running water wi s) water is not availal	ll be ole we will use a chemical
ever			tice will be given (wh leed to be signed bef	en ore a child can participat
day c		r proper supervision	or my child to leave t for neighborhood wo	he alks, and walks to area
Writt	en parental permi		tions d before each occasio ctivity involving your	
			n for my child to use of the activities of t	



111 Orleans Street East Stillwater, MN 55082 651-439-3616 www.stcroixkids.org sheila@stcroixkids.org Local, Non-Profit Since 1969

MANDATED REPORTING POLICIES AND PROCEDURES

WHO REPORTS CHILD ABUSE AND NEGLECT

Any person may voluntarily report abuse or neglect.

If you work in a licensed child care you are legally required or mandated to report and cannot shift the responsibility of reporting to your supervisor or to anyone else at your center. If you know or have reason to believe a child is being or has been neglected, physically or sexually abused within the preceding three years you must immediately (within 24 hours) make a report to an outside agency.

WHERE TO REPORT

If you know or suspect that a child is in immediate danger, call 9-1-1.

All reports concerning suspected abuse or neglect of children occurring at St. Croix Kids should be made to the Department of Human Services, Licensing Division's Maltreatment Intake line at (651) 297-4123.

Reports regarding incidents of suspected abuse or neglect of children occurring within a family or in the community should be made to Washington County Child Protection at (651) 430-6457 or Washington County Sheriff at (651) 439-9381.

If your report does not involve possible abuse or neglect, but does involve possible violations of Minnesota Statutes or Rules that govern the facility, you should call the Department of Human Services, Licensing Division at (651) 296-3971.

WHAT TO REPORT

Definitions of maltreatment are contained in the Reporting of Maltreatment of Minors Act (Minnesota Statutes, section 626.556) the policy is attached or may be obtained at www.leg.state.mn.us under statutes.

A report to any of the above agencies should contain enough information to identify the child involved, any persons responsible for the abuse or neglect (if known), and the nature and extent of the maltreatment and/or possible licensing violations. For reports concerning suspected abuse or neglect occurring within St. Croix Kids, the report should include any actions taken by St. Croix Kids in response to the incident.



111 Orleans Street East Stillwater, MN 55082 651-439-3616 www.stcroixkids.org sheila@stcroixkids.org Local, Non-Profit Since 1969

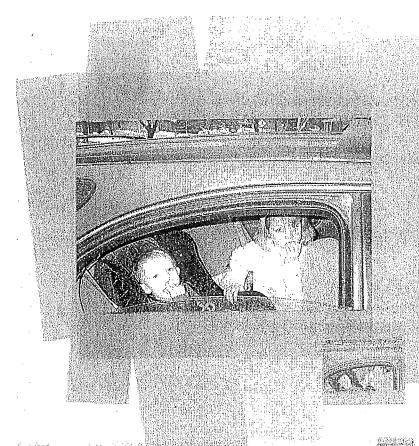
An oral report of suspected abuse or neglect made to one of the above agencies by a mandated reporter must be followed by a written report to the same agency within 72 hours, exclusive of weekends and holidays.

RETALIATION PROHIBITED

St. Croix Kids shall not retaliate against the mandated reporter for reports made in good faith or against a child with respect to whom the report is made. The Reporting of Maltreatment of Minors Act contains specific provisions regarding civil actions that can be initiated by mandated reporters who believe that retaliation has occurred.

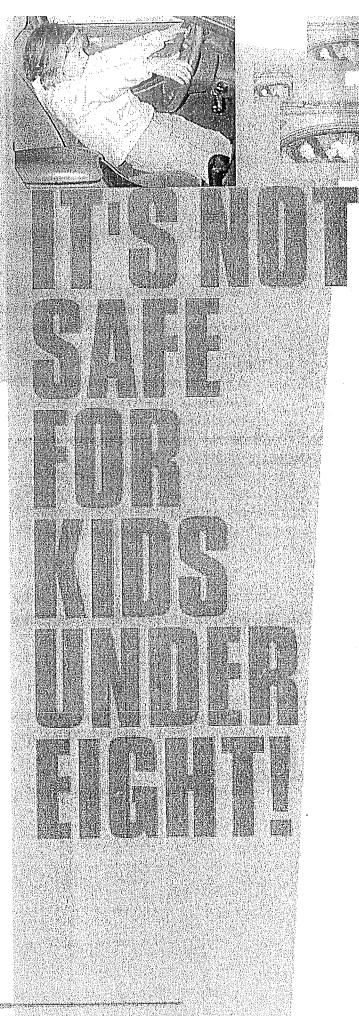
FAILURE TO REPORT

A mandated reporter who knows or has reason to believe a child is or has been neglected or physically or sexually abused and fails to report is guilty of a misdemeanor. In addition, a mandated reporter who fails to report maltreatment that is found to be serious or recurring maltreatment may be disqualified from employment in positions allowing direct contact with persons receiving services from programs licensed by the Department of Human Services and by the Minnesota Department of Health, and unlicensed Personal Provider Organizations.



You wouldn't leave your
valuables in the car.
Why leave something
note precious?

Washington County Citizen Review Panel



WASHINGTON COUNTY CHILD PROTECTION GUIDELINES RESPONSE TO REPORTS OF UNSUPERVISED CHILDREN

Washington County Community Services will screen or assess the following reports:

Ages 7 or younger

All reports of a child(ren) being left alone for any period of time.

Ages 8 or 9

All reports of a child(ren) who is alone for more than one or two hours. It is acceptable, in most situations, for a child(ren) to be home alone while a parent(s) run an errand, or to be home alone before and/or after school until a parent returns from work.

Ages 10 through 13

All reports where a child(ren) is alone for more than 8-12 hours. It is acceptable for a child(ren) to be alone all day until a parent(s) return from work, but it is assumed a parent, guardian or caretaker will be there in the evening.

Ages 14 and older

All reports where a parent(s) has been gone for 24 hours or more if the child(ren) does not know the where about of a parent or when the parent(s) will return. It is acceptable for a child(ren) to be home alone for 24 hours or more provided they have knowledge of where a parent is and how to contact a parent or a designated caretaker if needed:

GUIDELINES FOR PROVIDING SUPERVISION FOR A CHILD(REN) BY AN OLDER CHILD:

Ages 11 to 14

It is acceptable to baby-sit younger children all day with the expectation that a parent or guardian will be returning to supervise the child(ren) later the same day.

Ages 15 and older

It is acceptable to baby-sit children for more than 24 hours.

IMMUNIZATION HISTORY: Fill in the MO/DAY/YR information for children 2 months of age and older. If child received a combined shot (like Hib-hep B), write the date in all the boxes that apply. Vaccine doses that are circled O are not required by law.

Dinbtheria Tetanus Pertussis (DTaP)	Vaccine	Dose	MO	DAY	YR	Name
• 3 doses during 1st year (at 2-month intervals)		4-				Birthd
•4th dose at 12-18 months		7				SIGN
• 5th dose at 4-6 years or at school entrance		65				
Indicate vaccine type: DIaP or DI.		4				
		9				Loerti
Polio (IPV and/or OPV)	Vaccine	Dose	MO	DAY	YR	5
• 3 doses at 2-18 months		-				Signafi
• 4th dose at 4-6 years or at school entrance	- Control	7				
•		3				Ω
		4				Corti
Measies, Mumps, Rubella (MMR)	Vaccine	Dose	MO	DAY	YR	
• Required for children 15 months and older		-				: 8]
• Must be given on or after 1 - bittingay • 2nd dose at 4-6 years	,	0				and [
Haemophilus influenzae type b (Hib)	Vaccine	Dose	MO	DAY	YR	
• 3-4 doses for children at 2-15 months		7				—
• 1 dose ≥12 months required (suspended 2008*)		2	•			l -
• 1 dose for previously unvacciliated children 15-59 months		<u>ම</u>				
 Not indicated for children 5 years or older 		4				Signat
Varicella (Chickenpox)	Vaccine	Dose	MO	DAY	YR	
•1st dose between 12-18 months		-				ز
•2nd dose at 4-6 years or at school entrance		0				l cert
(required for kindergarten)	Disease Date:			Transition of the state of the	100	varic
Pneumococcal Conjugate Vaccine (PCV)	Vaccine	Dose	MO	DAY	YR	past
•2-4 doses for children 2-24 months						
• Consider for unvaccinated children at 24-59		7				Signal
months in child care		က				C
Not illulcated for children 3 years of older		4	·			
Hepatitis B (Hep B)-required for kindergarten	Vaccine	Dose	MO	DAY	YR	Jund Pild
•3 doses between birth and 18 months		$\overline{\mathbb{Q}}$				
		0				
	the second secon	ව]
Rotavirus	Vaccine	Dose	Q Q	DAY	XR	
•2-3 doses between 2 and 6 months		9(ä
		0				Signs
		<u>ල</u>	and the second second second	Company of the Compan		Sabs
Influenza (LAIV or TIV)	Vaccine	Dose	8	DAY	YR	
 1 dose annually for children ≥6 months. 		9				
(1st time influenza immunization requires 2 doses)		9				Sign
Hepatitis A (Hep A)	Vaccine	Dose	SE SE	DAY	X	will b
• 2 doses separated by 6 months for children		9(9				
12-24 months		9				

Child Care Immunization Record Must be on file before a child attends child care.

Vaccille	TIME acon	,	ב ב		
	~				Birthdate: Date of Enrollment:
	2				SIGNATURE(S)
	3				For children who are 15 months or older and who have received all the immunizations
	4				required by law for child care:
	9				I certify that the above-named child is at least 15 months of age and has completed the immunizations which are remitted by law for child care.
Vaccine	Dose MO		DAY	YR	
	-				Signature of Parent/Guardian or Physician/Nurse Practitioner/Physician Assistant/Public Clinic Date
	2				Cold Household and an analysis of the second analysis of the second and an analysis of the second analysis of the second and an analysis of the second and a
	3				For children who are younger than 15 months of who have not received all ule
	4				I certify that the above-named child has received the immunizations indicated to the left,
Vaccine	Dose MO		DAY	YR	This includes healthning the immunization series required by law for child care that must be
	_				completed within 18 months of starting them (DTP, polio, pneumococcal),
	(2)				and/or
Vaccine	Dose MO		DAY	YR	the following inmunization(s) are not introduced because of interior reasons, making the solution of adequate immunity: (Starting September 2010 for varicella disease
0.00	-	$\frac{1}{1}$			see C.)
	7	+			
	ල (
	4				Signature of Physician/Nurse Practitioner/Physician Assistant
Vaccine	Dose MO	ᅱ	DAY	YR	Starting Sentember 2010 (Before September 2010, a parent can sign.):
	-		- 100		For children who are 18 months or older who have a history of varicella disease:
	0	\dashv			I certify that varicella immunization is not indicated for the above-named child due to a history of
isease Date:	:: 0:				varicella disease that I have diagnosed or had adequately described to me by the parent to indicate
Vaccine	Dose MO		DAY	YR	past Varicella Infection III
	7-				
	2				Signature of Physician/Nurse Practitioner/Physician Assistant (Before September 2010, a parent can sign.) Date
	3				indifficulting occurs stone is a significant to the
	4				If the parentiguardian conscientions by opposes initiumizations.
Vaccine	Dose M	MO	DAY	YR	I understand that not following vaccination recommendations may endanger the health or life of my
	Đ				United and outless that it is united in gent control in contract with the cost of the control of
	@(I am opposed to only the vaccines indicated. Vaccine(s) I oppose:
	j		C. C. St. St. St. St. St. St. St. St. St. St		
Vaccine		을 일	DAY	YR	
	Ð	1			old I
	3				
	<u>ල</u>				Subscribed and sworn to before me this day of
Vaccine	Dose M	ω	DAY	YR	
	Θ				
entitible dende en engan y en de en 1900 de 19	(3)				Signature of Notary Public (A copy of the notarized statement
Vaccine		MO	DAY	YR	will be forwarded to the commissioner of health.)
	9				Notary Public Stamp
	<u>0</u>				

Child Care Immunization Record - Instructions

Immunization information must be on file before a child attends child care

Who should complete and sign this form?

Who signs depends on the child's age and situation: Either the parent/guardian, health care provider, or child care provider can fill in the child's immunization history

- If the child is at least 15 months old and has had all the shots required by law, a parent or guardian can sign the form in Section A.
- If the child is younger than 15 months or has not had all the shots required by law, then a health care provider must sign in Section B, saying the child has begun the required shots or can't for medical reasons.
- Starting in September 2010, if the child is 18 months or older and has had varicella disease (chickenpox), a health care provider must sign in Section C. (Before September 2010, a parent can sign.)
- If a parent or guardian objects to a certain shot or all shots the parent or guardian must complete Section D and have it notarized by a notary public.

Notes for Parents

 Give your child's immunization history to the child care provider when you enroll.

Minnesota law (Minn. Stat. 121A. 15) requires children enrolled in a Minnesota child care to be immunized against certain diseases or have a legal exemption. This form is designed to provide the child care provider with the information required by law. This or a similar form must be kept on file with the child care provider.

Keep track of your child's shots, and tell your child care provider each time your child gets a shot.

It will save you time if you keep a shot record for each of your children. Be sure to have the record updated each time your child receives a shot.

Child care will be the first of many times you will need the shot record. You will also need this record for school, camp, college, and if you go to a new doctor or clinic.

- 3. If your child is not up to date on his or her shots, you can catch up. By law you have 18 months after enrolling for your child to have all his or her required shots. Your child doesn't have to restart a delayed series. Minnesota children are still getting diseases like measles, mumps, and rubella These diseases are contagious. They can spread rapidly—especially among groups of children who have not received their shots. And some of them, like pertussis (whooping cough), are much more serious for children than they are for adults. As a parent, you can protect your children by making sure they get all their shots. Most shots are due by 2 years of age.
- 4. If your child has had chickenpox, he or she does not need a varicella shot.

Notes for Child Care Providers

 Be sure you have a complete immunization history on file for all children 2 months of age and older.

This specific form, or an MDH-approved form, is required by law. If you run a licensed child care facility in Minnesota you must have the information this form contains on file before a child enrolls. If a child enrolls at a younger age, you must obtain immunization information when they reach 2 months of age.

Keep track of the date when each child's required immunizations are due by law.

If a child is 2 months of age or older and has not yet received all their required shots, you should note the date when these immunizations will be due by law: 18 months after the child enrolls in your facility.

Unless they are otherwise exempt, Minnesota law requires preschoolers in child care to have shots for DTP, polio, MMR, PCV, Hib, and varicella. If the child has had chickenpox disease, he or she does not need a varicella shot, but starting in September 2010, they must have a provider's signature to document this and the year the child had chickenpox. Immunization against hepatitis A, hepatitis B, rotavirus, and influenza are not required by law; however, it is strongly recommended for children in child care.

3. Be sure each child's immunization history clearly indicates whether or not they received pertussis vaccine. (DTaP and DTP contain pertussis vaccine; DT does not.)

Nationwide there has been an increase in pertussis disease (whooping cough). If an outbreak of pertussis disease occurs in your child care center, you will need to be able to quickly identify which children are protected and which are not

4. Remind parents to immunize children on time.

As a child care provider, you are in an excellent position to help remind parents about immunizations.

Make sure the immunization records you have on file for each child are up to date, and regularly remind parents when shots are due.

Ask your local health department for an updated immunization schedule each calendar year, so you will have the latest information on hand.

Questions?

If you have a question about immunizations, call your clinic or your local public health department.

Immunization Program P.O. Box 64975
St. Paul, MN 55164-0975
651-201-5503 or 1-800-657-3970
www.health.state.mn.us/immunize
IC#140-0163 (MDH, 4/2010)



HEALTH CARE SUMMARY

MUST BE COMPLETED BY HEALTH CARE SOURCE

	Date of Enrollment:	
name of child	Birth Date	
ADDRESS	Telephone	
PARENT(S) OR GUARDIAN		
Date of last physical examination	How long have you been seeing this child?	
How frequently do you see this child wh	en he/she is not ill?	
Does this child have any allergies (includ	ing allergies to medications)?	
Is a modified diet necessary?		
Is any condition present that might resul	t in an emergency?	
	•	
What is the status of the child's	Vision	
	Hearing	
	Speech	
Please list below the important health pr	oblems	
Important Health Problems	Followed Followed By Other Requires Special By You Med Source (Name) Attention at Cen	
Other information helpful to the child of	eare program	
	Phone	
Signature of Health Source	Address	
Date		
,		

Child and Adult Care Food Program

FOOD CHART

	THE THE PARTY OF THE PROPERTY	-1100	11000	\sim		. / /	//</th
Bre	akfast Age:	1 an	d 2 3) thro	ugh 5	6 thr	ough 12
	Fluid Milk		1/2 cup		3/4 cup		1 cup
	Juice or fruit or vegetable		1/4 cup		1/2 cup		1/2 cup
7	Grains/Breads		***				
	Bread; whole grain, bran, germ or enriched	1	1/2 slice*	1	1/2 slice*	1	1 slice*
	Cold dry cereal; whole grain, bran, germ, enriched or fortified		1/4 cup (or 1/3 oz.)		1/3 cup (or 1/2 oz.)		3/4 cup (or 1 oz.)
	Cooked cereal, rice, macaroni and noodle products	D	1/4 cup (or 1/2 oz.)		1/4 cup (or 1/2 oz.)		1/2 cup (or .09 oz.)
ina	ICK Select two of the following four componer	ıts**					
	Fluid Milk		1/2cup		1/2 cup		1 cup
(%)	Juice or fruit or vegetable		1/2cup		1/2 cup		3/4 cup
J [∆]	Meat or meat alternate	. 1	1/2 ounce	1	1/2 ounce		1 ounce
7	Grains/Breads	(1/2 slice*	1	1/2 slice*	1	1 slice*
HII.	ch/Supper .		450	10.7	36 g 188		
	Fluid Milk		1/2 cup		3/4 cup		1 cup
P	Meat or poultry or fish		1 ounce	Ĵ	1½ ounces	F	2 ounces
······································	or cheese	8	1 ounce	86	1½ ounces	88	2 ounces
	or cottage cheese, cheese food, or cheese spread	88	2 ounce (1/4 cup)	88	3 ouncés (3/8 cup)	44	4 ounces (1/2 cup)
***************************************	or egg	0	1	0	1	0	1
	or cooked dry beans or peas		1/4 cup		3/8 cup		1/2 cup
	or peanut butter, soynut butter or nut or seed butters		2 T.	===	3 T. =		4 T.
	or peanuts, soynuts, tree nuts or seeds	8	1/2 oz. = 50%	88	3/4 oz. = 50%	888	1 oz. = 50%
	or yogurt, plain or flavored, unsweetened or sweetened		4 ounces or 1/2 cup		6 ounces or 3/4 cup		8 ounces or 1 cup
	or an equivalent quantity of any combination	of the ab	ove meat/m	eat alto	ernates		
3	Vegetables and/or fruits (2 or more) 2 separate servings of vegetables and/or fruit		1/4 cup Total		1/2 cup Total		3/4 cup Total
7	Grains/Breads	1	1/2 slice*	1	1/2 slice*		1 slice*

^{*}or an equivalent serving of an acceptable grains/breads food component such as cornbread, biscuits, rolls, muffins, pizza crust, etc. made of a whole-grain, bran, or germ product and/or enriched meal or flour.

^{**}For snack, juice may not be served when milk is served as the only other component.