

SAN MARCOS CONSOLIDATED INDEPENDENT SCHOOL DISTRICT
School Age Pregnant and Parenting Program
Child Development Center

540 Staples Road
San Marcos, Texas 78666
Phone 512-393-6868 Fax 512-393-6338

POLICY for Nutritional Services in CDC

The CDC program uses the Federal School Lunch Program through the SMCISD Nutritional Department. All rules and regulations of the program are followed. The menus are given to the parents at the beginning of the school year and any enrolled throughout the year. Copies are located in each class and in the kitchen. The menus are developed according to the Federal Lunch Program and have been approved through them. Includes for the CDC the following:

Program Practices:

- a) Liquids and food hotter than 110 degrees F are kept out of reach.
- b) Staff are educated on food allergies and they take precautions to ensure children are protected
- c) On days that providers serve meals, prepared food that is brought into the program to be shared among children is commercially prepared or prepared in a kitchen that is inspected by local health officials.
- d) Healthy snacks (as listed by the Texas Department of Agriculture) are available for school aged children as students arrive
- e) Staff do not reward good behavior or clean plate with foods of any kind
- f) On days the providers serve meals, milk, fresh fruit and vegetables are available for children who bring lunches from home.

Home Lunch Practices

Meals at the CDC are highly encouraged to eat from the Federal School Lunch Program. In the event a family elects to have a child not eat the meal based on choices, it must meet the following:

- a) Healthy and nutritional
- b) Items must be able to be maintained ensuring safety of food brought home- not requiring refrigeration or microwave heating
- c) Sample lunch menus are provided to parents as options. This is handed out each district employee day as an email attachment and posted in classrooms.

Nutritional Education

The program provides nutrition information in the following ways:

Parent meetings, newsletter, Stretch N Grow weekly activities, Informational flyers, Presentations yearly at family events, guidelines for their specific child's age, allergies, breast feeding, staff annually trained on servings sizes, allergies, nutritionally balanced meals.

Developing Children Skills (Family Style Dinning)

Toddlers work to achieve- drinking from open face cups, identifying a variety of foods on the plate, learn to keep non-preferred items on the plate, use of utensils, reducing the "messy face", using utensils, using communication skills to request additional "Go" foods, dispose of their plates, clean their space following eating. As toddlers skills develop items are transitioned from small bite sizes to larger bite sizes and less cut up. Due to the high level of staff supervision and education during this process staff may limitedly eat with the children, as able.

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2/3's work to achieve- independently keeping food even non-choice items on the plate, improve utensil usage and incorporate napkin usage, increasing independence in need for meal items to be pre-cut, continue to keep non-preferred items on plate, begin to participate in meal prep, in meal tasks, and after meal tasks, to remain with the group setting interacting in "table" conversations, clean up with limited accidents, opening a milk carton, wiping table area to name a few.

Prek- all the above but include more participation in the meal preparation(s) such as (setting napkins, utensils, milks, plates out, placement of food on plates as appropriate), during "dessert-fruit" the children will have more opportunities to serve themselves and then clean up preparation which includes disposing of their trash which could include composting, wiping individual setting area, pick up of any items on the floor, sanitizing the table, staking chairs, taking compost outside.

Due to the Federal Lunch Program, students are guaranteed a set portion of food on their plate because of size and weight requirements of the amount served students will be involved in the process when applicable.