



**Suncreek Kids
Parent Handbook
2022-2023**

Dear Parents,

Welcome to Suncreek Kids Christian Preschool. We are thrilled and blessed you have chosen us. We look forward to serving you and your child this school year.

Suncreek Kids realizes you are entrusting us with your most precious treasure, your child. We promise to provide a religious, educational, social, physical, and emotional environment benefitting preschool children, their families, and the community.

This handbook is designed to help you understand the policies and procedures of Suncreek Kids. Please read through it carefully, sign the parent acknowledgement form, and return your signed copy back to the preschool office.

Suncreek Kids wants to say thank you for the opportunity to serve you and your child.

Blessings,

Michelle Alexander
Director



HISTORY

Suncreek Kids was established in January 2000 as an outreach ministry of Suncreek United Methodist Church. It has since grown into a program that has 30 staff members and serves 160 children. Suncreek Kids is a nonprofit program, and no part of its earnings shall be used to benefit any one party or individual. Our preschool is licensed by the state of Texas Department of Family & Protective Services. We welcome children and their families regardless of language, culture, race, religion, or family structure.

VISION STATEMENT

Suncreek Kids is a preschool for children 2 years of age to 5 years of age. Our program is geared toward enabling children to enjoy a positive “first school” experience in a loving, nurturing, and safe environment in preparation for kindergarten, and more importantly, teaching children about God’s love from a Christian perspective. At Suncreek Kids, we guide children’s development spiritually, emotionally, socially, academically, and physically by providing them the skills they need to be strong and compassionate learners of tomorrow!

SUNCREEK KIDS PPO (Parent Preschool Organization)

The PPO is a volunteer/parent organization supporting our ministry at Suncreek Kids. Throughout the school year opportunities will be shared with parents regarding upcoming school wide events where parents can choose to volunteer, help, or support our program. If you are interested in learning more about our parent organization and volunteer opportunities, please visit the front office.

ENROLLMENT INFORMATION

Enrollment for Suncreek Kids begins in January for all current students, Suncreek Kids alumni, and Suncreek UMC church members. Open and/or public registration takes place the middle of January. Suncreek Kids does not discriminate based on an individual’s race, religion, national or ethnic origin. The link to online registration can be found on our website, www.suncreekkids.com

AGE GROUP	PROGRAM OPTION	DAYS	TUITION	ENROLLMENT FEE
Twos	2 day	T/TH	\$260	\$260
Twos	3 day	T/W/TH	\$320	\$320
Threes	3 day	T/W/TH	\$320	\$320
Threes	4 day	M/T/W/TH	\$370	\$370
Pre-K/Fours	4 day	M/T/W/TH	\$370	\$370
Transitional Kindergarten	4 day	M/T/W/TH	\$390	\$390

A child’s “age group” is determined by the age they are as of September 1st, 2022.

TK students must be 5 by October 1, 2022.

Tuition is a flat rate per child that is divided into 9 equal payments to be paid September through May.

Suncreek Kids follows the AISD calendar for most holidays, breaks and bad weather.

A waiting list is maintained throughout the current school year to fill any openings that may occur during that school year. Once parents are notified of an opening, they will have **24** hours to respond via phone or email. If the timeframe overlaps a weekend, the family will be given until close of business the next school day to respond. SunCreek Kids does not have provisions available for students requiring “one-on-one” teacher supervision and/or attention. Children with special needs will be considered on an individual basis and admitted or enrolled only as our capabilities allow. SunCreek Kids reserves the right to dismiss a child from the program at any time throughout the school year as it is deemed necessary.

SUNCREEK KIDS PAYMENT POLICIES

ENROLLMENT FEES are **NON-Refundable** and equal one month’s tuition and are due in full at registration. Fees cover classroom supplies, needs, and resources.

TUITION is due on the **FIRST** school day of each month. A late fee of **\$20** will be assessed for tuition collected after the **5th** of the month. If tuition is not received by the end of the month, a child may **NOT** attend school until payment is received in full. Tuition is based on the **ANNUAL** expected cost of operating the program, broken into 9 equal monthly payments plus the one-time Enrollment Fee. Tuition is collected from September through May. **NO** adjustments are made for sick days, vacation days, or calendar holidays.

There is also NO adjustment to monthly tuition due to missed school days because of inclement weather, forced closure due to pandemic, natural disaster, and/or extended family travel.

ANNUAL TUITION IS AS FOLLOWS:

2-Days a week:

- \$2,600 (includes enrollment fee)

3-Days a week:

- \$3,200 (includes enrollment fee)

4-Days a week:

- \$3,700 (includes enrollment fee)

TK

- \$3,900 (includes enrollment fee)

***Families with multiple children in the program will receive one \$15 discount per month. ***

PAYMENT Our accepted modes of payment are www.procare.com online credit card payment, cash, or check. If extended time for tuition payment is needed, please contact the Director or Assistant Director **BY** the **5th** of the month. We accept Visa, Mastercard, American Express, and Discover.

LATE FEES Children enrolled at SunCreek Kids that are not picked up by 2:15 p.m. will be assessed an initial late pick-up fee of **\$10**, plus an additional **\$1** for every minute thereafter. If you are going to be late due to unforeseen circumstances, please call 972-727-4300 to leave a message for your child’s teacher.

WITHDRAWAL If for any reason a child needs to drop out of the program, the parents are asked to give **notice in writing**. If a child has not been present for one month and no written notice has been given, the child will be dropped from the program and that spot will be filled from the waiting list.

HOURS OF OPERATION

SunCreek Kids hours of operation are Monday through Thursday from 9:00 a.m. to 2:00 p.m. Our preschool will observe **most** holidays and inclement weather closings followed by the Allen Independent School District.

WEEKLY SCHEDULE

2-Day Classes	Tuesday/Thursday
3-Day Classes	Tuesday/Wednesday/Thursday
4-Day Classes	Monday through Thursday

CHECK-IN/OUT PROCEDURES

All children must be escorted to their classroom by an adult. Parents **must** sign in/out their child **daily** using the ProCare Connect App via their phone. This is mandated by the State of Texas for licensing purposes. Suncreek Kids will have **ONE** point of entrance for the preschool; the main entrance near the circle drive. All preschool doors will be **locked** at 9:15am. Any family arriving after 9:15am will ring the door and a member of the front office staff or Suncreek Kids Aide will escort the child/children to their classroom after the parent has successfully signed the child/children in via the ProCare Connect App.

Your child may only be picked up by persons listed in his/her file. No child will be released to persons not authorized by their parent. We must have written authorization for any changes. We will need to see a **DRIVER'S LICENSE** for any person not listed in his/her file. In an emergency, please call us at 972-727-4300 to notify us of any departure changes.

Arrival classroom doors will open at 9:00 a.m. No children will be accepted before 9:00 a.m. This time is set aside for our staff to prepare for your child. When dropping your child off, please wait for the teacher to greet you at the door rather than entering the room. Please **do not leave** your child **unattended** at **any time** waiting for class to begin.

Departure is at 2:00 p.m. **PLEASE DO NOT BE LATE!** Children who are not picked up by 2:15 p.m. will be escorted to the front office. Children picked up after 2:15 p.m. will be assessed an initial late pick-up fee of **\$10**, an additional **\$1** for every minute thereafter. If you are going to be late due to unforeseen circumstances, please call 972-727-4300 to leave a message for your child's teacher.

Procedures are subject to change pending COVID mandates and precautions

NUTRITION

- **Parents must provide a nutritional snack** to be served at snack time. (Please see Appendix 1 "Nutritious Snack Recommendations.") Also, **parents must provide a nutritional lunch and drink/spill proof water bottle** (no carbonated drinks) to be served at lunchtime. The Texas Department of Family and Protective Services requires water be offered during all snack, meals and after physical activities. Suncreek Kids asks that each child bring a labeled **spill proof water bottle** to school for easier access to water. Water bottles can be refilled during the day if a child's water bottle is empty.
- We cannot heat up lunches. If lunches need to be kept cool, please put an ice pack in your child's lunch box. Keep in mind preschoolers easily choke on peanuts, popcorn, uncut grapes, uncut hot dogs, pineapple chunks, and hard candy. (**Grapes, apples, hot dogs etc. should be cut up for smaller children.**)
- Suncreek Kids is **not responsible** for the nutritional value of a child's lunch or snack. According to state guidelines, a child's lunch should include something from each of the four basic food groups.
- A healthy eating statement must be completed and signed by the parent prior to the start of school. This statement will be placed inside the student file

WHAT TO BRING

Your child will need a backpack or bag large enough to hold the following items:

- Nutritious lunch, snack and labeled water bottle
- Labeled change of clothes including underwear, socks and shoes (weather/size appropriate) Please place the change of clothes inside a large zip-loc bag with the child's name clearly marked on the outside
- **Closed toe shoes are highly recommended** for both outdoor and indoor activities
- Labeled jacket, coat and/or sweater as needed
- Labeled nap mat and/or blanket for rest time
- Labeled "lovey" to be used during nap/quiet time (Please wash weekly)
- **4 Clearly Labeled** diapers/pull-ups for younger children
 - Please provide pull-ups with **TABS** that can be put on and taken off like diapers to prevent the teachers from having to fully undress the child each time a diaper change is made.

- Parents are responsible for application of sunscreen and/or insect repellent prior to drop off each day as Suncreek Kids is not able to apply either of these.
- **Please label everything in your child's bag.** Please do not bring other items from home, unless instructed by your child's teacher. (These extra items can be disruptive to the entire class, lost or broken.)

TOILET TRAINING

All children entering three's classrooms are expected to have a full understanding of the toilet-training process and/or be toilet trained by the time school starts August 31st. The expectation is all children must be potty trained in the **first 30 days of starting school.** If a child is not completely toilet trained by 30 days of their first day of school, they will be asked to finish potty training at home until the child is proficient. Once the child is proficient, they can return to school. The child's roster spot will remain open for 30 days. Suncreek Kids considers a child toilet trained when he/she...

- Can anticipate the urge to use the toilet
- Communicate need to his/her teacher
- Pulls down his/her pants
- Uses the toilet
- Pulls up his/her pants
- Washes up after him/herself

Suncreek Kids policy is to take children to the bathroom every 1 to 1½ hours. Children can ask to use the bathroom more frequently if needed. If your child requires more frequent visits, please discuss with his/her teachers. Suncreek Kids staff is willing to help your child with toilet training. It is important to remember teachers are also needed in the classroom to safely facilitate and supervise the learning activities of the class. **All children must be potty trained in the first 30 days of starting school.**

DISCIPLINE AND GUIDANCE PRACTICES

Suncreek Kids believes discipline and guidance should be done in a loving, consistent and positive manner. Discipline should be based on understanding the individual needs and development of each child. Therefore, discipline and guidance will be directed towards teaching the child acceptable behavior and self-control. Your child will **NEVER** be handled roughly, yelled at or have any form of corporal punishment administered at Suncreek Kids.

Discipline must be:

- 1) Individualized and consistent for each child.
- 2) Appropriate to the child's level of understanding.
- 3) Directed toward teaching the child acceptable behavior and self-control.

A caregiver may only use positive methods of discipline and guidance that encourage self-esteem, self-control, and self-direction, which include at least the following:

- 1) Using praise and encouragement of good behavior instead of focusing only upon unacceptable behavior.
- 2) Reminding a child of behavior expectations daily by using clear, positive statements.
- 3) Redirecting behavior using positive statements.
- 4) Using brief supervised separation or time out from the group, when appropriate for the child's age and development, which is limited to no more than one minute per year of the child's age.

There must be no harsh, cruel, or unusual treatment of any child. The following types of discipline and guidance are prohibited:

- 1) Corporal punishment or threats of corporal punishment.
- 2) Punishment associated with food, naps, or toilet training.
- 3) Pinching, shaking, or biting a child.
- 4) Hitting a child with a hand or instrument.
- 5) Putting anything in or on a child's mouth.
- 6) Humiliating, ridiculing, rejecting, or yelling at a child.
- 7) Subjecting a child to harsh, abusive, or profane language.
- 8) Placing a child in a locked or dark room, bathroom, or closet with the door closed or open.
- 9) Requiring a child to remain silent or inactive for inappropriately long periods of time for the child's age.

Our teachers will make every effort to handle disciplinary concerns. Occasionally children may need to come to the director's office for a "break". If a child visits the office a **Behavior Alert** will be filled out and a copy of the report will be sent home. A copy of this form will remain in the child's file. When unacceptable behavior occurs repeatedly, a conference will be scheduled with parents and/or the child could be sent home for the day. Parent conferences will be made in consultation with the director and will never be held at the door during drop-off or pick up times. Suncreek Kids reserves the right to dismiss a child, for continuous disciplinary concerns and/or aggressive behaviors. All necessary means will be pursued to resolve the behavioral issues before any child is dismissed from the program. If dismissal is required, two weeks' notice will be given.

*This list provides the required info per Texas minimum standards §744.501(7), §746.501(a)(7), and §747.501(5) *

BITING/PINCHING

Suncreek Kids has a strict **NO BITING OR PINCHING POLICY**. This includes **ANY** behaviors that leave visible marks on another child. Such behaviors might include biting, pinching, hitting, kicking, scratching etc. On the first offense, the child will be accompanied to the office and a **Behavioral Incident Report** will be sent home. An **Accident Report** will also be sent home with the child who was bitten, pinched or received a visible mark. In each case, no names will be given. On the second offense, the child will be sent to the office, and the parents will be called to pick up the child immediately. A **Behavioral Incident Report** will also go home with the child. A parent/teacher and Director meeting will be called to discuss action steps to combat this behavioral response. On the third offense, a **Behavioral Incident Report** will be filled out and the child may be removed from the program.

HEALTH / ILLNESS / MEDICATION

Your child must have a completed enrollment form, health form, current immunization record and FARE plan if applicable on the first day of school, no exceptions. The State of Texas requires every child have a current immunization form on file. Each child enrolled and/or admitted to Suncreek Kids must meet applicable immunization requirements as specified in the *Texas Department of Health Immunization Requirements for Texas Handbook*. **This requirement must be completed and on file by the first day of school or the child may not attend.** A new state immunization requirement mandates immunization be updated on or before a child's birthday. This means an updated copy of the child's immunizations must be in their current folder for the child to be present at school.

A physician or health care provider must validate documentation of immunization records with a signature or official rubber stamp. Additional immunization information can be found at www.dshs.state.tx.us/immunize.

HEALTH CHECK

As children enter the room in the morning, teachers will perform a visual assessment to identify potential concerns about a child's health, including signs or symptoms of illness and injury, as well as any changes in the child's behavior since the last date of attendance. Parents will be notified if the child appears ill or injured. This is done to ensure the safety and health of all children.

Any child who has any of the following conditions listed below should not attend school that day & must be free of these symptoms for a full 48 hours before returning to school.

- A fever within the last 24 hours (**child must be fever free for 48 hours WITHOUT medication**)
- Heavy nasal discharge that is green or bloody. Please have a doctor's note stating that your child is not contagious if the nasal discharge is any other color than clear. This includes any drainage and/or discharge from the eyes, nose, or ears.
- Other signs of illness such as vomiting, diarrhea, bad cough, etc. (**symptom free for 48 hours WITHOUT medication**).
- An open sore that cannot be covered.
- Eye infections/pink eye and/or discharge from eyes.
- Skin rashes or skin conditions such as Fifth's Disease, head lice, boils, ringworm, Impetigo, Thrush, Hand-Foot-Mouth disease.

If your child becomes ill during school hours, he/she will be cared for in an isolated area. Parents will be required to take the child home. PLEASE inform the office or teachers if you are not going to be able to be reached by phone. It is VERY IMPORTANT that you keep your cell phone turned on when your child is in our care and the Suncreek Kids phone number is stored/labeled in your phone.

MEDICATION POLICY

Our Staff does not administer medication of any kind other than topical treatments. If your child needs medicine or special care during the day, we encourage you to keep them home until they are well. Exceptions may be made for breathing treatments and inhalers at the discretion of the Director. This is for the best interest of all children. If there is any question regarding your child's condition, please see the Director. If your child appears to have symptoms of illness or becomes ill during the day, we will contact you or someone on your emergency list to pick up your child.

EPI-PEN POLICY

If your child has a known food allergy and has been prescribed by a physician, the use of an **EPI-PEN**, you must complete a **FARE (Food Allergy Emergency)** plan. This plan must be prepared by your child's health care provider and signed and dated by the health care provider and parents. A completed FARE plan must be in your child's file at school for the child to be present. The FARE plan must include:

- 1) List of each food a child is allergic to
- 2) Possible symptoms if exposed to food on list
- 3) Steps to take if a child has an allergic reaction

****PLEASE ADVISE US OF ANY AND ALL ALLERGIES.** This includes food, medication, or other. **

COMMUNICABLE DISEASES

Parents are instructed to inform us right away if your child has been exposed to and/or contracted a communicable disease. Under the direction of the Director, all parents of facility children will be notified when there is an outbreak of a communicable disease in your child's class. The Director must also notify the State Department of Health. Children diagnosed with a communicable disease will not be readmitted to Suncreek Kids until a medical evaluation (signed note by a physician) determines that the child is no longer communicable and is able to return to school. *TB Tests are not required for students*

HEARING AND VISION SCREENING

The Texas Health Department requires all 4- and 5-year-old children have a hearing and vision screening test. We have an outside company onsite in the Spring to provide this service for a nominal fee. You may choose to have your child's physician perform this service for you, but we must have a copy of the results for our files. The screening copy must include the actual results not just the words "pass" or "fail".

SAFETY

The top priority for Suncreek Kids is making our school environment safe for children. Every decision made focuses on keeping children safe while in our care. Please remember these important safety tips for the benefit of all our children:

- ❖ **Never** leave children **unattended** in a car while dropping off a child at Suncreek Kids.
- ❖ Exercise **extreme caution** when driving into and out of our parking lot.
- ❖ Keep a tight hold on your children when traveling through our parking lot.
- ❖ **Do NOT talk on your cell phone** when driving through our parking lot.
- ❖ If carpooling, make sure each child is **checked** into his/her classroom and welcomed by a Suncreek Kids staff member.
- ❖ When playing on the playground after school, parents must always stay with their children. We also respectfully ask that parents be **actively watching** their children while at play. **Suncreek Kids will not be responsible for injuries to children after school hours.**
- ❖ The front door to the building is locked from 9:15 a.m. to 1:55 p.m. as a safety precaution.
- ❖ All staff at Suncreek Kids are CPR and First Aid certified. They are also trained in recognizing and reporting child abuse. In addition, each staff member has completed Ministry Safe training through the United Methodist Church.

CHILD ABUSE

Suncreek Kids is required by the state to help prevent child abuse and neglect and aid parents in prevention. Teachers receive annual specialized training through Ministry Safe on prevention and reporting of child abuse and neglect. Both parents and teachers are encouraged by Suncreek Kids to understand and clearly identify signs of abuse and neglect. Teachers are asked, but not required to inform the Director before making a report. Suncreek Kids will always advocate for the child if abuse or neglect is ever suspected. For more information, or if you have questions regarding abuse or neglect, please visit with the office or look on the Texas Department of Family and Protective Services webpage at <http://www.dfps.state.tx.us/> or the Collin County Child Advocacy Center, 550 E. 15th Street, Suite 120, Plano, Texas 75074 or by phone at (800) 582-6036. To report child abuse, please contact the local office of DFPS at 1-800-252-5400.

DRUG FREE/GANG FREE ZONE

Suncreek Kids is a Drug Free/Gang Free Zone. Under the Texas Penal Code, criminal offenses related to organized criminal activity, or the use of illegal drugs are subject to harsher penalties if they occur within 1000 feet of our facility. Smoking is not permitted within Suncreek Kids, Suncreek UMC buildings or premises.

EMERGENCY PROCEDURES PLAN

Suncreek Kids is committed to providing a safe environment for children and staff. Severe Weather Drills and Lock Down procedure drills are performed every three months. Fire drills will be performed once a month. The Director will notify parents via email each time a drill takes place. Emergency maps and emergency information are posted in each classroom. In the event of an emergency, we follow the procedures described below:

FIRE The fire alarm/smoke detectors automatically notify the fire department when sounded. Each classroom will follow the evacuation map and procedure plan labeled and assigned for their classroom. Classroom teachers carry their classroom clipboard whenever they leave their room. The clipboard contains sign in/out sheets as well as student information including parent name, number and 2nd point of contact.

BAD WEATHER In the event of severe weather, classroom teachers and children will move to designated shelter locations as noted on the evacuation map and procedure plan assigned to their room.

LOCK DOWN The lock down procedure will take place if an emergency arises due to a suspicious person entering the building or a warning from the Allen Police Department. In the event this happens, the front office will alert the school over the intercom system with the words "Lock Down". Classrooms will lock their rooms, pull down the curtain on the door, turn off the lights and move their class to the furthest corner of the room until the Director/Assistant Director or local Law Enforcement unlock the classroom doors. If at any point during the school day we lock down the building, we will inform parents via email that day. Please feel free to call the front office at 972-727-4300 with any further questions.

RELOCATION PROCEDURES (EVACUATION PLAN) In the event Suncreek Kids needs to evacuate the building due to an emergency (such as a gas leak or a water main break) and leave the property completely, our plan is listed below:

- An announcement will be made over the intercom that teachers need to evacuate the building just like we do for fire drill and/or evacuation plan. Teachers will take their clipboards with the sign in/out sheets as well as student information including parent name, number and 2nd point of contact. Teachers will lead children to the assigned location designated on the evacuation map and procedure plan. In the event we must leave the property, teachers and students will walk down the street to Ereccion Middle School – 450 Tatum Drive, Allen, TX 75013 (quarter of a mile walk at the most) where they will enter the school's gym. Teachers will begin contacting parents to alert them we have evacuated the building and pick up will take place at this alternate location. Each parent will be required to sign the sign in/out sheet before they can leave with their child from the alternate location. An email will be sent out from the director of Suncreek Kids alerting parents to the evacuation with details explaining the evacuation process.

IN CASE OF EMERGENCIES

Suncreek Kids will never hesitate to call 911 for an illness that requires immediate attention of a health care professional. Suncreek Kids will not be responsible for any expense incurred for emergency care.

These are the steps Suncreek Kids will take *in case of emergencies*:

1. Contact emergency medical services.
2. Give the child first-aid treatment or CPR when needed
3. Contact the child's parent.
4. Contact the physician or other health care provider identified in the child's record.

PARENT COMMUNICATION

Parents receive notes inside their child's take-home folder and weekly email updates from classroom teachers/director. Family Chapel and special events will be communicated via email.

VOLUNTEERS / SUBSTITUTES

Throughout the school year there are opportunities for parents to help support our program with their time. Paid substitute teachers are always needed. If this is something you might be interested in learning more, please contact the director for more information.

FUNDRAISERS

Suncreek Kids is a nonprofit program, and all funds are generated by tuition and fees. Throughout the year we will participate in fundraisers. These fundraisers help us improve our program and provide enrichment supplies, playground equipment and additional classroom resources. We hope you will prayerfully consider. Participating in fundraisers is always optional.

TRANSPORTATION, FIELD TRIPS AND ANIMALS

Suncreek Kids does not offer transportation or scheduled field trips at any time throughout the year. Animals are prohibited from being inside or outside the school unless they have proper documentation from a veterinarian and receive prior Director approval.

WATER ACTIVITIES

Water activities are limited to sprinkler play, water table play and splashing/wading pools. Consent must be given for participation in these activities.

PARENT PROCEDURES

- Parents of TK & Pre-K children will have parent teacher conferences in the spring to discuss their child's progress. All Suncreek Kids children will receive a progress report in the fall and the spring that evaluates developmental milestones. Parents are welcome to schedule a conference at any time throughout the school year with classroom teachers.
- Parents are welcome to schedule a conference with the Director for any questions and concerns. Policies and procedures will be examined each year to ensure they benefit the school.
- We have an "Open Door" policy. Parents are welcome to observe their children at any time during the school day. They must first notify the preschool front office prior to going into their child(s) classroom.
- A private location for nursing mothers is available if needed, please check with the front office.
- Parents are responsible for the application of sunscreen and/or insect repellent prior to drop off each day. Suncreek Kids Staff is not able to apply either of these.
- A copy of the latest state minimum standards as well as the most recent licensing inspection report will be available for viewing in the preschool office. In addition, the website address will be posted for those who wish to view the standards in their home.
- For licensing information, please contact 469-229-6905. The Dallas Intake Hotline number is 1-800-582-6036. The website is www.dfps.state.tx.us.
- If you need to contact the program Director, Michelle Alexander, or any other staff member, please contact the office at 972-727-4300. Please leave a message if no one is available, all messages will be returned as soon as possible. You may email the director at Michelle.Alexander@suncreekumc.org.

APPENDIX 1

NUTRITIOUS SNACK RECOMMENDATIONS

BEVERAGES

- 100% fruit juice such as: Capri-Sun fruit Waves pouch, Minute Maid 100% juice box and/or Juicy Juice box
- Danimals Drinkable Yogurt
- Dannon Gogurt
- Bottled Water
- Milk (non-fat, low-fat, plain or flavored)

LOW FAT GRAIN FOODS

- Pretzels, any variety
- Animal Crackers – any brand without icing preferred
- Graham Crackers
- Wheat Crackers
 - Wheat Thins
 - Triscuits
 - Goldfish Baked Snack Crackers
- Additional snack options
 - Chex Mix
 - Traditional Munchie Mix
- Vanilla Wafers, any brand
- Baked Tortilla chips
- Fruit Grain Bars

Fresh Fruit (cut up for smaller children)

Fresh Vegetables (cut up for smaller children)

MyPyramid For Kids

Eat Right. Exercise. Have Fun.
MyPyramid.gov

Grains	Vegetables	Fruits	Milk	Meat & Beans
Make half your grains whole	Vary your veggies!	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Look for whole-grain cereals and breads. Start smart with breakfast.	Color your plate with all kinds of great-tasting veggies!	Fruits are sweet treats. Go easy on the juice.	Calcium builds strong bones. Make sure your milk is low in fat.	Eat lean or lowfat meat, chicken and fish. Nuts, peas and beans are good, too.
<p>To find the amounts that are right for you, go to MyPyramid.gov.</p>				
<p>Find your balance between food and fun Move more. Aim for at least 60 minutes everyday, or most days. Walk, dance, bike, rollerblade -- it all counts. How great is that!</p>				
<p>foodandhealthcommunications®</p>			<p>MyPyramid.gov only 12 years old!</p>	