

State of Florida & Broward County
Bureau of Children's Services
Child Care Licensing and Enforcement Section
ALTERNATE NUTRITION PLAN

Date: _____

Dear Parents:

In accordance with the Broward County Child Care Ordinance/Family Child Care Ordinance, parents and the child care facility/home are urged to work cooperatively to assure that children are provided with nutritious snacks and meals where lunches are not provided by the facility/home.

Please read the following carefully, sign, and return as soon as possible to Nob Hill Academy.

The Facility agrees to provide a nutritious:

(Operator/Director checks those which apply)

_____	Breakfast
_____ X _____	Mid-morning snack
_____	Lunch
_____ X _____	Mid-afternoon snack

The Parent agrees to provide a nutritious:

(Parent checks those which apply)

_____	Breakfast
_____	Mid-morning snack
_____	Lunch
_____	Mid-afternoon snack

I have read the preceding and agree to meet the child's nutritional needs as defined above.

Director

Parent signature

Meals provided by parents shall consist of the following:

- | | | |
|----|--------------------------|--|
| A. | Meat/Poultry/Fish | 2 ounces |
| | or cheese | 2 ounces |
| | or eggs | 1 egg |
| | or peanut butter | 4 tablespoons |
| | or dried beans or peas | 1/2 cup |
| B. | Fruits (2 or more) | 1/2 cup |
| | or vegetables | 1/2 cup |
| | or fruits and vegetables | 3/4 cup total amount and vegetables must = 3/4 cup |
| C. | Bread | 1 slice |
| D. | Butter | 1 teaspoon |
| E. | Milk | 1 cup - 8 oz. |