

Little Harvard

63 Lawrence Ave.
New Windsor, New York 12553

Phone 845-565-6112

Little Harvard / Child and Adult Care Food Program (CACFP) Guidelines

Little Harvard will provide your child with breakfast (served from 6:30 am to 8:15 am), a morning snack and an afternoon snack. All families in our private Infant, Toddler, Step Up, Preschool (3, 4, 5 yrs old) and School Age Program (when here full day) are to be provided a healthy and nutritious lunch from home. Students registered in the NECSD UPK program will receive free lunch from the district on scheduled school days (following the district calendar).

- **PEANUT FREE and TREE NUT FREE PROGRAM:**
All food products must be **PEANUT FREE** and **TREE NUT FREE**. They must be processed in a facility that does not manufacture peanuts or tree nuts. This includes not only peanuts/peanut butter, but walnuts, hazelnuts, almonds, cashews etc. Nutella is a hazelnut spread, and is not allowed. Sun butter (sunflower seed spread) or WOW butter is a great alternative!
- **BEVERAGES:**
 - **Juice** must be labeled **100% juice** and will only be offered during afternoon snack. Little Harvard provides 100% juice at our afternoon snack. Water will be served at morning snack (and throughout the day).
 - All **milk** must be unflavored. We cannot serve chocolate, strawberry, or vanilla milk. Organic cow's milk, oat milk, goat milk, rice milk and soy milk are acceptable and will be provided by the parent/family in its unopened original package. Almond milk and cashew milk are nut derivatives and are not allowed. Cow's milk, provided by Little Harvard, will be served at every lunch meal unless otherwise noted by a physician for a medical condition.
 - Sports drinks (gatorade, powerade, etc), electrolyte water, Pediasure, etc..can not be served without a written note from the doctor.
- **CHOKING HAZARDS:**
 - Age Group Infants (12 months +) / Toddlers/Step Up 18 mo - 3 yrs:**
 - Fruit snacks, popcorn, craisins, raisins & chicken on-the-bone will not be allowed under any circumstances.
 - All home lunches must be pre-cut into thumbnail size pieces. Food larger than this size will not be served and will be sent home.
 - Age Group Preschool (3-5 years):**
 - Fruit snacks, popcorn and chicken on-the-bone will not be allowed under any circumstances.
 - The following foods must be pre-cut long ways than into ½ in. pieces:
-grapes -cherry tomatoes -hot dogs -cherries - raw carrots -raw celery -large fruit
Food larger than this size will not be served and will be sent home.

- **LUNCH:**
Lunch must include all 5 components:
-Dairy (milk provided by LH) -protein -fruit -vegetable -carbohydrate
Processed meats are not an acceptable food item for children under the age of 1 year.
These items cannot be served at school: -hot dogs -sausage -deli meat
- **PARTY SNACKS:**
- Holiday parties, birthday parties and other special events that request parent/guardian donations will be required to the same guidelines as stated above.
- Any party item considered a dessert can only be served after lunch or at afternoon snack:
-donuts -cookies -brownies -cupcakes -ice cream -ice pops
- All carbohydrates (breakfast/AM snack) must contain **6g of sugar or less**
- Fast Food items are not permitted at our program and will not be served: Dunkin Donuts, McDonald's, Burger King, Wendy's, Arby's, Starbucks, Popeyes, Taco Bell etc..
- Only snacks provided by Little Harvard will be served daily to prevent allergy exposures. Snacks from home will only be served to your child if they have a severe food allergy documented by a pediatrician/allergist.

Thank you for your assistance in helping us follow these guidelines. If you would like any further information or have any questions, please see the school administrator.

Please sign below acknowledging that you have read the above guidelines

Child's Name

Parent's Signature

Date