

## Pack Your Lunch

Simple steps to pack your child's lunch for child care

- 1.) Select a lunch box or decorate a brown bag.
- 2.) Decide what to pack.
- 3.) Have your child help pack one of the items.
- 4.) Bring to school, labeled.

What should I pack?

The Ohio Department of Job and Family Services, who regulates the operating license for JMLC dictates the following food groups for each lunch. The following is the combination to follow:

One protein	OR	One protein	Or	One protein
One grain		One grain		One grain
One fruit		Two fruits		Two veggies
One veggie				

The dairy group will be provided by JMLC

**What can I pack that is considered a protein?**

Cheese cubed or sliced

String Cheese

Peanut Butter

Chicken

Mac N Cheese

Ham/Turkey

Beef hotdog

Egg (hard boiled)

Beans

Cottage Cheese

Or any other protein that you know of

**What can I pack that is considered a grain?**

Bread                      Bun      Breadstick

Crackers                      Roll      Bagel

What can I pack that is considered a fruit or veggie? ( Any two from this group)

Fresh fruit or veggie  
Fresh veggies w/ dip  
Tomato slice or Cucumber slice  
Canned fruit or veggie  
Salad  
Orange sliced  
Applesauce  
Or any other fruit or veggie that your child enjoys

How much of each food group should I pack?

For children under 3 years old:  $\frac{1}{4}$  cup

For children ages 3-6 years old:  $\frac{1}{2}$  cup

For children over 6 years old:  $\frac{3}{4}$  cup

Sample Menu for a 3 yr. old

Monday:

Cheese sandwich ( half sandwich)

$\frac{1}{2}$  c. Mandarin orange slices

$\frac{1}{2}$  c. Watermelon

A fun sweet for dessert

Tuesday:

PBJ

$\frac{1}{2}$  c. Watermelon

$\frac{1}{2}$  c. Cucumber (slice)

A fun sweet for dessert

Wednesday:

Peanut butter on crackers (3)

Cheetos

$\frac{1}{2}$  c. Grapes

$\frac{1}{2}$  c. Carrots & dip

Thursday

Left over chicken from dinner last night

$\frac{1}{2}$  c. Cantaloupe and Strawberries

A cookie