



## Lunches Brought from Home

Per state child care licensing requirements, children are supposed to eat meals from the center or school.

Parents can “opt out” of this requirement in one of these ways:

1. Medical need: this requires a written note from a doctor
2. Religious reason: Parents must send a letter to be kept in the child's file
3. Personal reason: Parents must send a letter to be kept in the child's file

If you choose one of the “opt out” methods, the state requires that any lunch brought from home must have these food groups included:

- A protein source: meat, yogurt, egg, peanut butter, etc...
- A vegetable
- A fruit-cannot be fruit juice
- A dairy with at least 1% fat: If a child has a dairy allergy, there must be a dairy substitute
- A grain: If chips are used as a grain, they must be 100% whole grain

Children in elementary school do not have to follow these guidelines but because of our licensing, families in TOTS and All Aboard who choose to bring lunch must follow this requirement to help us avoid a non-compliance.

If you have any questions, please email Marci Derado at [deradom@wws.k12.in.us](mailto:deradom@wws.k12.in.us)