

### **Meal time**

The center participates in the Child and Adult Care Food Program. This allows the center to get donated commodities and cash reimbursements that we use to help supplement the costs of the food program. Each month your child should receive a copy of the menu so that you know what he/she will be having for breakfast, lunch and P.M. snack. We serve family style dining so that the children can get used to passing serving bowls, pouring, scooping and making choices about what they'd like to eat. It also allows the staff to eat with the children. We certainly encourage children to try things rather than pass everything by, but we never force children to eat something they don't like.