

## **Meals and Snack**

Rainier Christian Preschool and Childcare Center provides one hot lunch meal and three snacks per day. Milk is served at lunchtime. One snack is served in the morning; the second snack is served in the afternoon and the late snack is served at 5:00pm. There will be a prayer or song of thanksgiving or praise prior to each meal and snack.

We ask parents to provide a milk product substitute for those children who have allergies to milk. For those children with food allergies, **Parents are responsible for food substitutions;** however, the center will substitute food items for that child as indicated on the menu if the parents do not provide an alternative. For extreme allergies we require the parent to provide food for their child and we must have an allergy plan on file.

Rainier Christian Preschool and Childcare Center DOES NOT serve breakfast. **If breakfast is brought in to the center, it must be completed by 7:30 AM.**

Snack menus for childcare and KK are sent home each month and children in KK will receive a snack within the first hour from arriving after school. Children are welcome to bring additional snacks from home.