

**Meal and Snack Requirements**

The number of meals, snacks and/or breakfast provided by a licensed family child care provider shall be available as follows:

<b>Hours of Operation</b>	<b>Meals and Snacks Available</b>
4 to 8 hours per day	One of the following: <ul style="list-style-type: none"> <li>• 1 meal and 1 snack</li> <li>• 1 meal and breakfast</li> </ul>
More than 8 hours and fewer than 14 hours per day	One of the following: <ul style="list-style-type: none"> <li>• 1 meal and 2 snacks</li> <li>• 1 meal and breakfast</li> <li>• 1 meal and 1 snack</li> <li>• 2 meals and 1 snack</li> </ul>
More than 14 hours or overnight	breakfast, 2 meals and 2 snacks
After school for school children	1 snack

The content of meals, snacks and breakfast shall be selected from the following four basic food groups:

1. Meat or meat alternative
2. Breads and grains
3. Fruits and vegetables (juices may be used if 100% and undiluted)
4. Fluid Milk (see appendix C to rule 5101:2-13-22)

Meal, snack and breakfast food group requirements:

<b>Type of Feeding</b>	<b>Food Group</b>
Meal (provide 1/3 of the recommended daily dietary allowances as specified by the United States Department of Agriculture USDA)	All of the following: <ul style="list-style-type: none"> <li>• 1 serving of fluid milk</li> <li>• 1 serving of meat or meat alternative</li> <li>• 1 serving of fruit*</li> <li>• 1 serving of vegetables*</li> <li>• 1 serving of bread and grains</li> </ul>
Breakfast	1 serving each from 3 of the 4 basic food groups
Snack	1 serving each from 2 of the 4 basic food groups

\* A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or dinner, two different kinds of vegetables are to be served.