

# Cafeteria Connection

Connecting you to your child's school lunchroom



## CACFP: Nourishing Kids with Every Meal

**Every day, we serve up nutritious, kid-friendly meals designed to fuel learning, growth, and play.** Our meal program follows the USDA's Child and Adult Care Food Program (CACFP)—a vital initiative ensuring children and adults across the country have access to well-balanced meals.

The impact of CACFP is far-reaching. Children in daycare centers, Head Start programs, and preschools enjoy CACFP meals, while after-school programs like Boys & Girls Clubs and the YMCA help bridge nutrition gaps with snacks and dinners. Adults also benefit through senior centers and home-delivered meal programs.

### BUILDING HEALTHY HABITS EARLY

We take nutrition seriously. Our menus meet strict CACFP guidelines, ensuring kids receive the right balance of whole grains, fruits, and vegetables while limiting sodium, fat, and added sugar. Research shows that establishing healthy eating habits early contributes to a child's physical growth, cognitive development, and emotional well-being—so every bite matters!

### ADDRESSING FOOD ALLERGIES & SENSITIVITIES

Food allergies are more common than ever, and we take them seriously. We offer allergen-friendly meals without dairy, gluten, soy, eggs, fish, shellfish, tree nuts, or peanuts—flavored with simple herbs and spices rather than sauces that may contain hidden allergens.

### THOUGHTFUL, AGE-APPROPRIATE RECIPES

We craft meals with kids' needs in mind. Instead of spicy seasonings or tough textures, we focus on softer, approachable foods that don't pose a choking risk. Whole apples? Too tricky. Baby carrots? A choking risk. Foods on sticks? Not on our CACFP menus. Instead, we ensure every meal is both safe and enjoyable.

AND THE BEST PART?  
**Kids love our meals—  
and so do the grown-ups!**

Want to learn more about our food program? **Let's chat!**

