



South Riding Children's Center And Private Kindergarten Home of Parent University

25400 South Riding Blvd., South Riding, VA 20152 (703) 327-6618
www.childsplayinc.com

Our New Fitness Club Healthy Menus (Breakfast and Lunch)

Dear Parents,

We are excited to introduce our new Health-e Menus, sponsored and supervised by our great Fitness Club program, where we have been teaching good nutrition to our children for many years. Good eating habits (like bad eating habits...) start early, and will serve our children for their lifetime!

Starting at the beginning of our Fall Program, we will be providing a new lunch possibility for our families. Our new Health-e Menus will provide our children with tasty AND nutritious food such as fresh fruit daily in the rooms, whole grain and whole wheat bread, granola, grilled chicken and more! (Please see attached sample menu).

Or Parents can send in lunch daily by opting out of our lunch program, but must follow the guidelines (attached) for foods not allowed at school.

The cost of this quality lunch will be \$1 a day, breakfast will remain \$2 a day.

Respectfully,

Philip Adams

President

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Parent University (Since 1985)

www.parentuniversity.net

Parent University Children's Centers

www.childsplayinc.com

Reston Day School