



At **Kids 'R' Kids of Blakeney**, we follow high nutrition standards to promote the serving of a variety of healthy foods, including: Fruits and vegetables, Whole grains, Lean meat, or meat alternatives, and Low-fat or fat-free dairy products. The standards also encourage limiting added sugar, saturated fat, and sodium in children's meals and snacks. If you have any questions, please reach out to us at (704) 543-7227.