

YC A la Carte 2021	Minimum Serving Size Per Age	Facility: Garrison: Dates:				
	6-18	Monday	Tuesday	Wednesday	Thursday	Friday
PM Snack						
Fruit Notes: 1 choice offered daily	3/4 c	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:	<input type="checkbox"/> Fruit Salad <input type="checkbox"/> Fruit w/ Yogurt Dip (opt) <input type="checkbox"/> 100% Fruit Juice* <input type="checkbox"/> Whole Fresh Fruit Notes:
Vegetable Notes: 1 choice offered daily	3/4 c	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional	<input type="checkbox"/> Fresh Vegetable Salad <input type="checkbox"/> Vegetable(s) <input type="checkbox"/> 100% Vegetable Juice* Notes: Dip optional
Meat/ Alternate Notes: 2 choices offered daily	1 oz	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:	<input type="checkbox"/> Legume based meat alt# <input type="checkbox"/> Low fat cheese <input type="checkbox"/> Seed butter <input type="checkbox"/> Yogurt (must not exceed sugar limit per serving) Notes:
Bread/ Grain Notes: 2 choices offered daily	1 oz equivalent	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:	<input type="checkbox"/> WGR crackers+ <input type="checkbox"/> WGR bread <input type="checkbox"/> WGR single serve cereal or granola (must not exceed sugar limit) Notes:
Fluid milk** Soy drink***	1 cup/8 oz.	Fluid Milk Approved Soy drink (G9 or CYS Nutritionist approved)	Fluid Milk Approved Soy drink (G9 or CYS Nutritionist approved)	Fluid Milk Approved Soy drink (G9 or CYS Nutritionist approved)	Fluid Milk Approved Soy drink(G9 or CYS Nutritionist approved)	Fluid Milk Approved Soy drink(G9 or CYS Nutritionist approved)
Other – Must be approved by G9 Nutritionist	RTE Item (not used as a creditable component- limited to 1/per/person)					

Water available at meals/snacks. Condiments are served as appropriate. WGR is whole grain rich. Menu subject to change. Serve only 1% or skim milk to children ages 2 and older. * Fruit and vegetable juice must be 100% juice. TWO FLUIDS (juice & milk) may not be chosen together as creditable items. # must meet USDA requirements for serving/credibility. + Must meet WGR requirements for CACFP. *** Must have note from parent in order to be served soy drink in place of milk. See nutrient requirements for Soy drink substitute. Milk and soy drink must be non-flavored. It is the sole responsibility of the facility to make certain the products used meet the USDA's requirements for creditability. Two creditable items from two different component groups MUST be chosen. Other/RTE items are NOT creditable components. This must be posted with the a la carte memo and guidelines

Denise E. Laursen, RDN, LD

This institution is an equal opportunity provider.

Approved by: _____

Denise E. Laursen, MA, RDN, LD

Approved for use through: _____

31 DEC 2021

Denise E. Laursen, RDN, LD, CYS Nutritionist, IMCOM G9