Garrison:_____

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Approved by:_____ **Signature Date:** 01 October 2023

Kayla A. Schumacher, RDN, LD, CYS Nutritionist IMCOM G9

Daily Menu

YC A la Carte *Min. Serving Size Per Age (6-18 years) *See Menu Notes for details*	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
	Date:	**Date:**	**Date:**	**Date:**	**Date:**	**Date:**
****Fluid Milk** **1 Cup/8 fl oz.** *Offered daily*	Milk	Milk	Milk	Milk	Milk	Milk
Fruit (3/4 Cup) *1 choice offered daily*	Whole Fruit Fruit Salad Fruit Juice^	Whole Fruit Fruit Salad Fruit Juice^	Whole Fruit Fruit Salad Fruit Juice^	Whole Fruit Fruit Salad Fruit Juice^	Whole Fruit Fruit Salad Fruit Juice^	Whole Fruit Fruit Salad Fruit Juice^
Vegetable (3/4 Cup) *1 choice offered daily*	Fresh/Cooked Vegetable Tossed Salad Vegetable Juice^	Fresh/Cooked Vegetable Tossed Salad Vegetable Juice^	Fresh/Cooked Vegetable Tossed Salad Vegetable Juice^	Fresh/Cooked Vegetable Tossed Salad Vegetable Juice^	Fresh/Cooked Vegetable Tossed Salad Vegetable Juice^	Fresh/Cooked Vegetable Tossed Salad Vegetable Juice^
Meat/ Alternate (1 oz) *2 choices offered daily*	Lean Meat, Poultry or Fish Egg (Hard Boiled) Assorted Cheese Hummus Soy products or alternate protein products	Lean Meat, Poultry or Fish Egg (Hard Boiled) Assorted Cheese Hummus Soy products or alternate protein products	Lean Meat, Poultry or Fish Egg (Hard Boiled) Assorted Cheese Hummus Soy products or alternate protein products	Lean Meat, Poultry or Fish Egg (Hard Boiled) Assorted Cheese Hummus Soy products or alternate protein products	Lean Meat, Poultry or Fish Egg (Hard Boiled) Assorted Cheese Hummus Soy products or alternate protein products	Lean Meat, Poultry or Fish Egg (Hard Boiled) Assorted Cheese Hummus Soy products or alternate protein products
Bread/ Grain **(1 oz equivalent)** *2 choices offered daily*	WGR Crackers WGR Bread WGR Cereal Oatmeal	WGR Crackers WGR Bread WGR Cereal Oatmeal	WGR Crackers WGR Bread WGR Cereal Oatmeal	WGR Crackers WGR Bread WGR Cereal Oatmeal	WGR Crackers WGR Bread WGR Cereal Oatmeal	WGR Crackers WGR Bread WGR Cereal Oatmeal
Other ^^ RTE Items (not used as a creditable component and limited to 1/per/person)	Approved RTE Listing provided in menu notes. (Optional offering)	Approved RTE Listing provided in menu notes. (Optional offering)	Approved RTE Listing provided in menu notes. (Optional offering)	Approved RTE Listing provided in menu notes. (Optional offering)	Approved RTE Listing provided in menu notes. (Optional offering)	Approved RTE Listing provided in menu notes. (Optional offering)

Water available at meals/snacks and in classroom.*Minimum Serving sizes located in menu notes and must meet USDA requirements for CACFP.** Soy drink must be available with per note from parent. 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 beverages (juice & milk) may not be chosen together as creditable items. Two creditable items from two different component groups MUST be chosen. ^^Other/RTE items are NOT guaranteed to be a creditable component. Condiments are served as appropriate. Menus are subject to change. See A la Carte Menu Notes for additional information.

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Menu Notes

- All serving sizes will meet the minimum required for credibility in the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP) for the intended age group. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- Signed Daily Menus must be posted and followed.
- All items will be monitored for excess consumption.

Beverages (1 cup/8 fl oz)

- Serve only 1% or Skim Milk
- Soy drink (fluid milk substitute) - must be unflavored, nutritionally equivalent to cow's milk and meet USDA CACFP requirements)
- Under Fruit or Vegetable Component:
- Two beverages (juice & milk) may not be chosen together as creditable items under USDA CACFP requirements.
- Water is always available and does not count towards a creditable component.

Fruits (3/4 cup):

- Whole Fruit
- Fruit Juices must be 100% Juice (limited to one 8 fl. Oz)

Vegetables (3/4 cup):

- Tossed salad 6-18 years: 1 ¼ Cup
- Seasonal Vegetables (Raw/Cooked)
- Vegetables Juices must be 100% Juice (limited to one 8 fl. Oz)

Other/Ready to Eat (RTE):

- RTE items are not required to be offered daily.
- Other/RTE items are not guaranteed to be a creditable component under USDA CACFP Requirements.
- Youth may choose no more than one item from the RTE category, and they must still choose two separate items from the milk, fruit, vegetables or grain component in accordance with USDA CACFP Requirements.
- Subject to change due to availability of some products.

Meat/Alternative (1oz):

- Lean Meat, Poultry or Fish 1 oz
- Cottage cheese 6-18 years: (1/4 cup)
- Cheese 1 oz eq.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces (1/2 cup)
- Soy products or alternate protein products

Bread/Grains (1oz eq.):

- Grain choices must be whole grain rich (WGR) items (50% or greater whole grain by weight)
- Bread 1 slice or 28 g
- Cereals or Granola must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal) 1 cup or 28 g
- Bagel (~ 4" diameter) 1/2 bagel or 28 g
- English Muffin 1/2 muffin or 28 g
- Oatmeal 1/2 cup cooked or 28 g dry
- 14 pretzels (2/3 cup) or 22 g
- 1/2 cup cooked or 28 g dry
- Dinner Roll (1 roll or 28g)
- Waffles, Square or Round (4") 1 waffle or 34g
- WGR Crackers (8 saltines)
- Graham crackers: 2 whole graham cracker sheets (2 ½ x 5 inches)
- WGR Bread Stick

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Ready to Eat (RTE) List

Subject to change due to availability of some products. Nutritional minimums come from the USDA Smart Snacks Programs. Food items below are not guaranteed to be minimum portions or be creditable under the Child and Adult Care Food Program.

Item Name	Serving Size	Item Number (CONUS)	<350 Calories	<480 mg sodium	<13g Total Fat
SAUSAGE, TURKEY PATTY 1.5 OZ 2.5"	1	#208017	80	310mg	0g
CORN ROASTED CHEESE NUGGET	4	#5942572	160	370mg	8g
Hot Pockets SANDWICH, PIZZA PEPPERONI POCKET BULK IQF FROZEN HOT STIX	1	#5203385	200	440mg	8g
EGG ROLL, VEGETABLE .8 OZ RAW FROZEN TRAY APPETIZER	3	#3083068	127	375mg	4g
PIZZA, CHEESE BAGEL 1 OZ COOKED	4	#6595722	180	410mg	4.5g
CHICKEN, PATTY 3.05 OZ BREADED	1	#8976207	180	380mg	8g
Skincredible POTATO, FRENCH-FRY WEDGE 10 CUT SKIN-ON TFF FROZEN	8	#4002234	110	30mg	2.5g
POTATO, HASHBROWN TATER NUGGET PARFRIED FROZEN DOMESTIC	9	#68106	150	330mg	8g
ENCHILADA, CHICKEN SHRED & CHEDDAR 3 OZ COOKED IQF FROZEN	2	#7938509	280	410mg	8g
APPETIZER, BEEF WELLINGTON .85 OZ PHO-FREE RAW FROZEN BAG PETITE	2	#7099967	140	120mg	9g
CORN DOG, CHICKEN WHOLE GRAIN	1	#2543833	240	470mg	9g
POTATO, FRENCH-FRY 1/2" CRINKLE-CUT	3oz	#782300	120	25mg	4g
BREADSTICK, WHOLE GRAIN MOZZARELLA STUFFED 1.93 OZ CHILD-NUTRITION PARBAKED	2	#6757231	300	460mg	12g
PIZZA, CHEESE 100% MOZZARELLA SMARTPIZZA WHOLE GRAIN 4X6 FROZEN	1	#549857	300	440mg	11g

Process to request additional items (items and item # are subject to change):

Step 1: Enter the highlighted information into the Smart Snacks Product Calculator (https://www.healthiergeneration.org/app/resources/81) to see if your snack meets the standards.

Step 2: If item meets Smart Snack Standards, submit request to HQ G9 Nutritionist for review.