



## Parent or guardian-provided food Plan

### Food Plan for:

\_\_\_\_\_ (child's name)

For Parents or Guardians providing food for children's lunches or snacks. We must have a written food plan per WAC 170-296A-7525 in order to be in-compliant with our child care license.

Parents are required to provide children with a nutritious lunch every day according to the USDA CACFP (child & adult care food program). A nutritious lunch consists of:

- 2 servings fruits/vegetables (may include full strength juice, fruit and/or vegetable).
- 1 serving of grains/ bread (whole grain, enriched bread, muffin, pasta, noodles, cereal, or other grain).
- 1 serving of meat or meat alternate (meat, cheese, egg, beans, nut or seed butters, nuts or seeds, or yogurt).

We will provide milk (Organic 2% dairy milk). If your child has a dairy allergy, please send an alternative with your child.

Provider, Jenny Mickelson, and her staff may supplement the child's lunch with foods listed on the USDA CACFP if the child's lunch does not meet the nutritional needs of the child.

### Food provided by parents or guardians may accommodate:

- Child's medical needs.
- Child's special diet/food sensitivities.
- Child's religious or cultural preferences.
- Child's family's preferences.



\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Licensee Signature

\_\_\_\_\_  
Date