



Child: _____

DOB: _____

Location:

_____ Fremont Center

_____ Northwest Center

_____ Southeast Center

MILK AUTHORIZATION

I authorize ChildRoots to serve my child 3-6 ounces of organic whole cow's milk with lunch and afternoon snacks. This permission is given with the knowledge that the lunches and snacks offered are naturally low calorie. Example menu is as follows:

	black bean	green peas	apple	quinoa	whole milk	total
serving size	½ cup	½ cup	½ apple	½ cup	4 oz	
fat	7.425g	0.27g	.115g	1.775g	3.965	13.55
calories	156	55	36	114.5	73	434.5
carbs	17.065g	9.87g	9.53g	21.085g	5.515g	63.03g
protein	5.91	3.75g	0.18g	4.005g	3.93g	17.745

Permission is given by:

Parent/Guardian: _____

Date: _____

Doctor/Dietician: _____

Date: _____

The USDA requires that child care centers serve low-fat or non-fat milk to all children over the age of 2. In order to serve organic, whole fat milk (which falls outside of the USDA guidelines), our licensor requires written approval from both a PARENT/GUARDIAN and a DOCTOR, NUTRITIONIST, or DIETICIAN.

All enrolled families will be responsible for submitting the above permissions OR providing their own alternative to whole milk. Nut (almond, cashew, and hazelnut) milks are not allowed as substitutes in the center.