

This institution is an equal opportunity provider. Milk may be substituted for Apple Juice.

FACILITY NAME: Life Span School and Daycare		WEEK 2 June 13-17, 2022			
Meal	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
	Food Item	Food Item	Food Item	Food Item	Food Item
<b>Breakfast</b>  Milk <sup>1</sup> Fruit/vegetable, or portions of both Grain <sup>2</sup> (or meat/meat alternate 3x/wk)	Provided by Kremmer's (see attached)	Provided by Kremmer's (see attached)	Provided by Kremmer's (see attached)	Provided by Kremmer's (see attached)	Provided by Kremmer's (see attached)
<b>AM Snack</b>  (Choose two) Milk1 Fruit Vegetable Grain2 Meat/meat alternate	Water  WGR Harvest Wheat Crackers 1-5: ½ oz 6-12: 1 oz  Diced Pears 1-5: ½ c 6-12: ¾ c	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  WGR Apple Cinnamon Waffle Bar 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water  Applesauce 1-5: ½ c 6-12: ¾ c  WGR Graham Cracker w/ Fiber 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Grape Juice 1-5: ½ c 6-12: ¾ c  Cherry Vanilla Yogurt 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water  Mandarin Oranges 1-5: ½ c 6-12: ¾ c  WGR Pretzel Thins 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists
<b>Lunch/Supper</b>  Milk1 Fruit Vegetable Grain2 Meat/meat alternate	Provided by Kremmer's (see attached)	Provided by Kremmer's (see attached)	Provided by Kremmer's (see attached)	Provided by Kremmer's (see attached)	Provided by Kremmer's (see attached)
<b>PM Snack</b>  (Choose two) Milk1 Fruit Vegetable Grain2 Meat/meat alternate	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  WGR Cinnamon Teddy Graham Crackers 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  WGR Sports Bites 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water  Vanilla Yogurt 1-5: 2 oz 6-12: 4 oz  Apple Granola Bites 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  Goldfish Graham Vanilla Cracker 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  WGR Chocolate Bear 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack

<sup>1</sup> Centers and day care homes must document the type of milk served on their menu. This includes listing the fat content (e.g. whole, low-fat or 1%, and fat-free or skim) and if the milk is flavored.

<sup>2</sup> Centers and day care homes must document on their menu when a grain is whole grain-rich (WGR). This could be as simple as writing "whole wheat" or "WW" in front of an item (e.g. "WW bread"). Writing "WGR" in front of an item (e.g. "WGR English muffin") is also acceptable.