

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

FACILITY NAME: Life Span School and Daycare		WEEK 3 June 20-24, 2022			
Meal	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
	Food Item	Food Item	Food Item	Food Item	Food Item
Breakfast Milk ¹ Fruit/vegetable, or portions of both Grain ² (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)
AM Snack (Choose two) Milk ¹ Fruit Vegetable Grain ² Meat/meat alternate	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Cinnamon Bug Bites 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water Strawberry Banana Yogurt 1-5: 2 oz – 1 container 6-12: 4 oz – 1 container WGR Graham Cracker – No Honey 1-5: ½ oz – 5 crackers 6-12: 1 oz – 10 crackers	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Cereal Honey Graham Squares 1-5: ½ oz 5-12: 1 oz	Apple Juice 1-5: ½ c 6-12: ¾ c WGR Cheddar Goldfish 1-5: ½ oz 5-12: 1 oz	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Peaches 1-5: ½ c 6-12: ¾ c
Lunch/Supper Milk ¹ Fruit Vegetable Grain ² 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)
PM Snack (Choose two) Milk ¹ Fruit Vegetable Grain ² Meat/meat alternate	Apple Juice 1-5: ½ c 6-12: ¾ c WGR Sunchips - Grain 1-5: ½ oz 5-12: 1 oz	Apple Juice 1-5: ½ c 6-12: ¾ c WGR Savory Pizza Bites 1-5: ½ oz 6-12: 1 oz	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Strawberry Waffle Bar 1-5: ½ oz 6-12: 1 oz	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Sunrise Bites Maple 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 Nacho Cheese Spikers 1-5: ½ oz 6-12: 1 oz

¹ 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.

² 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.