

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

FACILITY NAME: Life Span School and Daycare		WEEK 4 June 27-July1, 20223			
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) Milk <sup>1</sup> Fruit Vegetable Grain <sup>2</sup> Meat/meat alternate	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  WGR Cinnamon Scooby Snacks 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  Cereal Cinnamon Toasters 1-5: ½ oz 6-12: 1 oz	Grape Juice 1-5: ½ c 6-12: ¼ c  Cracker WG Veggie 1-5: ½ oz 5-12: 1 oz	Grape Juice 1-5: ½ c 6-12: ¼ c  WGR Sunchips - Cheddar 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  Fruit Cocktail 1-5: ½ c 6-12: ¼ c
<b>Lunch/Supper</b>  Milk <sup>1</sup> Fruit Vegetable Grain <sup>2</sup> 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) Milk <sup>1</sup> Fruit Vegetable Grain <sup>2</sup> Meat/meat alternate	Grape Juice 1-5: ½ c 6-12: ¼ c  WGR Chees-its 1-5: ½ oz – 9 crackers 6-12: 1 oz – 18 crackers	Grape Juice 1-5: ½ c 6-12: ¼ c  WGR Cracker Crunch & Crave Original 1-5: ½ oz 6-12: 1 oz	Water  WGR Pretzel Goldfish 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists  String Cheese 1-5 – 1 stick 6-12 – 1 stick	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  WGR Tortilla Rounds 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack  w/salsa	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  WGR Pretzel Wheels 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists

<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.