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

Meal Food Item Fruit (see attached) Food Item Fruit Fruit Food Item Food Item Fruit Frui	FACILITY NAME: Life Spa	n School and Daycare		WEEK 1: December 30 th 2024- January 3 rd 2025			
Provided by Kremmer's (see attached) Provided by Krem		MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	
Milk1 Provided by Kremmer's (see attached) AM Snack (K. Whole Milk 1-2 K. 15.5 Milk 6-12 1 pack (See attached) Milk1 WGR Van. Bears 1-5: 1 pack (See attached) Milk1 Provided by Kremmer's (see attached) Milk1 St. 1-5: 1 pack (See attached) Milk1 Provided by Kremmer's (see attached) Milk1 St. 1-5: 1 pack (See attached) Milk1 St. 1-5: 1 pack (See attached) Meat/meat alternate Lunch/Supper Milk1 (See attached) Milk1 Provided by Kremmer's (see attached) Meat/meat alternate Meat/meat/meat/meat/meat/meat/meat/meat/m	Meal	Food Item	Food Item	Food Item	Food Item	Food Item	
See attached See attached	Breakfast						
AM Snack	Fruit/vegetable, or portions of	-		•			
Choose two	Grain ² (or meat/meat						
1-5: ½ oz - 1 pack 1-5: ½ oz - 1 pack 5-12: 1 oz - 1 pack 5-12: 1 oz - 1 pack 1-5: ½ oz - 1 pack 1-5: 1 pack 1-5: 1 pack 1-5: 1 pack 1-5: ½ c 6-12: 1 pack 6-12: 1 pack 6-12: 1 pack 6-12: ½ c 6-1		½ c 1% Milk 3-5			½ c 1% Milk 3-5	½ c 1% Milk 3-5	
Milk1 Vegetable Vegetable Vegetable Vegetable Vegetable Vegetable Vegetable Vegetable Milk1 Vegetable Vege	·	1 C 1/6 WHIR 0-12			1 C 1/6 WHIR 0-12	1 C 1/0 WHIR 0-12	
Vegetable Grain2 Meat/meat alternate Provided by Kremmer's (see attached) Provided by Kremmer's (see attac		WGR Van. Bears		Closed	WGR Goldfish Cracker	Fruit Cocktail	
Crain 2 Meat/meat alternate Cosed Cose		•					
Meat/meat alternate Provided by Kremmer's (see attached)	_	6-12: 1 pack			6-12: 1 pack	6-12: ¾ c	
Lunch/Supper Milk 1 Fruit Vegetable Grain 2 Meat/meat alternate Provided by Kremmer's (see attached) Milk 1-2 ½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Milk 1 Vegetable Grain 2 Milk 1 Milk 1 Milk 1 Milk 1 Milk 1 Vegetable Grain 2 Milk 1 Milk 1 Milk 1 Vegetable Grain 2 Milk 1 Milk 2 Milk 3-5 1 c 1% Milk 6-12 Milk 3 Milk 6-12 Milk 1 Milk 6-12 Milk 6-12 Milk 1 Milk 6-12 Milk 6-12 Milk 1 Milk 6-12 Milk 1 Milk 6-12 Milk 6-12 Milk 1 Milk 6-12 Milk 6-12 Milk 6-12 Milk 6-12: 1 oz - 1 3 twists Milk 1 Milk 6-12 Milk 6-12: 1 oz - 1 3 twists Milk 1 Milk 6-12: 1 oz - 1 3 twists Milk 1 Milk 6-12 Milk 6-12: 1 oz - 1 3 twists Milk 6-12: 1 oz - 1 3 twists Milk 1 Milk 6-12 Milk 6-12: 1 oz - 1 3 twists Milk 1 Milk 6-12 Milk 6-12: 1 oz - 1 3 twists Milk 6-12: 1 oz - 1 3 twists Milk 1 Milk 6-12 Milk 6-12: 1 oz - 1 3 twists Milk 1 Milk 6-12 Milk 1 Milk 6-12 Milk 1-2 Milk 1							
Milk1 Provided by Kremmer's (see attached) Provided by Kremer's (see attach	Meat/meat alternate		6-12: 3 cubes				
Fruit Fruit Vegetable Grain	Lunch/Supper						
½ c 1% Milk 3-5 ½ c 1% Milk 3-5 ½ c 1% Milk 3-5 1-5: ½ c ½ c 1% Milk 3-5 (Choose two) 1 c 1% Milk 6-12 1 c 1% Milk 6-12 6-12: ¾ c ½ c 1% Milk 3-5 1 c 1% Milk 3-5 1 c 1% Milk 6-12 Milk1 WGR Goldfish Graham Cracker WGR Cracker Crunch & Crave Closed WGR Pretzel Wheels Tortilla Chips Fruit 1-5: ½ oz - 7 twists 1-5: ½ oz - 7 twists 1-5: 8 chips or ½ oz Vegetable 6-12: 1 pack 1-5: ½ oz 6-12: 1 oz - 13 twists 6-12: 16 chips or 1 oz	Fruit Vegetable Grain2	-		-			
Fruit 1-5: 1 pack Original (Champs Crackers) Vegetable 6-12: 1 pack 1-5: ½ oz 7 twists 1-5: 8 chips or ½ oz Grain 2 Grain Cracker Crunch & Crave Closed WGR Pretzel Wheels 1-5: ½ oz 7 twists 1-5: 8 chips or ½ oz 6-12: 1 oz 13 twists 6-12: 1 oz 15: ½ oz 15: 1 oz 15:		½ c 1% Milk 3-5	½ c 1% Milk 3-5		1-5: ½ c	½ c 1% Milk 3-5	
Fruit 1-5: 1 pack Original (Champs Crackers) 1-5: ½ oz - 7 twists 1-5: 8 chips or ½ oz Vegetable 6-12: 1 pack 1-5: ½ oz 6-12: 1 oz - 13 twists 6-12: 16 chips or 1 oz Grain2 6-12: 1 oz 6-12: 1 oz 6-12: 1 oz 6-12: 1 oz	Milk1	WGP Goldfish Graham Crasker	WGP Cracker Crunch & Crave	Closed	WGP Protzol Wheels	Tortilla Chine	
Vegetable 6-12: 1 pack 1-5: ½ oz 6-12: 1 oz - 13 twists 6-12: 16 chips or 1 oz Grain2 6-12: 1 oz 6-12: 1 oz - 13 twists 6-12: 16 chips or 1 oz	Fruit			Cioseu		-	
Grain2 6-12: 1 oz		<u>-</u>	,			_	
	=	•	6-12: 1 oz			•	
Weat/fileat afternate	Meat/meat alternate						

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.

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Fluid Milk:

• Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

Fruit and Vegetable Components (two separate components at lunch, supper, and snack):

- Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

Grain:

- At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

Meat/Meat Alternate:

• Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week at breakfast only. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

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• Yogurt, when offered as a meat/meat alternate, must contain no more than 23 grams of total sugars per 6 ounces.

Minimum Required Portion Sizes:

• For the minimum required portion sizes for each age group, see https://www.fns.usda.gov/sites/default/files/cacfp/CACFP_childmealpattern.pdf. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.