

FACILITY NAME: Life Span School and Daycare		WEEK 3: October 13 th – 17 th			
	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
Meal	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) Milk1 Fruit Vegetable Grain2 Meat/meat alternate	Water WGR Tortilla Chips 1-5: 8 chips 6-12: 16 chips Fruit Cocktail 1-5: ½ cup 6-12: ¾ cup	Apple Juice 1-5: ½ cup 6-12: ¾ cup WGR Sport Bites 1-5: 1 pack 6-12: 1 pack	Apple Juice 1-5: ½ cup 6-12: ¾ cup WGR Cheez Its 1-5: 1 pack 6-12: 1 pack	Water Vanilla Yogurt 1-5: 2 ounces 6-12: 4 ounces WGR Granola Bites 1-5: 1 pack 6-12: 1 pack	Water WGR Wheat Crackers 1-5: 10 crackers 6-12: 10 crackers Fruit Cocktail 1-5: ½ cup 6-12: ¾ cup
Lunch/Supper 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)
PM Snack (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 Pretzel Wheels 1-5: 7 twists 6-12: 14 twists	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Vanilla Bears 1-5: 1 pack 6-12: 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Bug Grahams 1-5: 1 pack 6-12: 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Strawberry Yogurt Chex Mix 1-5: 1 pack 6-12: 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Goldfish Vanilla Grahams 1-5: 1 pack 6-12: 1 pack

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.

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.
- 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.