



West Village Academy
3530 Westwood
Dearborn, MI 48124
Phone: 313-274-9200
Fax: 313-274-0062

Monday - Friday
7:30am-8:00am



Free



START
your day the right way with
School Breakfast!

School Breakfast will give you **MORE** energy to keep your body healthy and help improve your grades!

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March 2022

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Tuesday, March 1, 2022

K-8 1

10591 /

West Village Academy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Benefit Breakfast Bar WG (48) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	2 Granola 1 oz (20) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz	3 Breakfast Grains - Cinnabar Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	4 Cheese Stick 1 oz (1) Corn Bread Loaf 2oz WG IW (28) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
7 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Graham Crackers 1pkg (11) Juice 100%- 4oz (15) Milk Choice 8oz	8 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	9 Banana 1 ea (34) Yogurt 4oz- Trix (15) Graham Crackers 1pkg (11) Juice 100%- 4oz (15) Milk Choice 8oz	10 Quaker Breakfast Rounds WG Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	11 Soft Filled Bread WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
14 Kix Cereal (14) Applesauce Cup 4oz (22) Graham Crackers 1pkg (11) Juice 100%- 4oz (15) Milk Choice 8oz	15 Blueberry Muffin WG IW 2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	16 Granola 1 oz (20) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz	17 Bagel WG IW (29) Sun Butter 1oz Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	18 *Closed*
21 Cheerios WG Cereal (20) Applesauce Cup 4oz (22) Graham Crackers 1pkg (11) Juice 100%- 4oz (15) Milk Choice 8oz	22 Banana Muffin WG IW 2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	23 Scooby Doo Grahams WG (21) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz	24 Lemon Crunch Bar WG (41) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	25 *Closed*
28 * Closed *	29 * Closed *	30 * Closed *	31 * Closed *	

**Carb Counts
included in
parenthesis ()
for each item**

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:
 Fat Free White Milk 1/2 Pint (Purple)(12)
 Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

Halal Meals:
The main entrée is also served Halal. For menus that do not Have a halal equivalent there will be a different **Halal entrée'.**

*(V) indicates a vegetarian entree

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March 2022

1:53:27 PM

Tuesday, March 1, 2022

K-8 1

10587 /

West Village Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lasagna w/marinara WG (V) (28) Green Beans 1/2 c (5) Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz .	2 Chicken Caesar Salad 6oz Muffin 2g-WG Potato Salad 3/4 c (24) Grapes 1/2 c (14) Milk Choice 8oz =	3 Orange Chicken 3.6 oz Brown Rice WG 1/2 c Mixed Veggies 1/2 c (12) Fortune Cookie (8) Juice 100%- 4oz (15) Milk Choice 8oz .	4 Cheese Pizza WG (V) (32) Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) Fresh Fruit (22) Chef Treat WG 1gr Milk Choice 8oz .
7 Pasta WG/meatballs(5) & sauce Corn 1/2 c (16) Vegetable Juice 4oz (13) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz .	8 Cheeseburger on WG Bun (33) Potato Wedge 3/4 c w/ketchup (25) Mixed Veggies 1/2 c (12) Juice 100%- 4oz (15) Milk Choice 8oz .	9 Nachos 2.6 w/Shr Chez (26) Taco Sauce (1) Mixed Veggies 1/2 c (12) Nacho Chips 1.5 oz WG (20) Banana 1 ea (34) Salsa 2oz (4) Milk Choice 8oz .	10 Chicken Patty w/Chz WG bun (42) Diced Potatoes 3/4 c (24) Chef Choice Vegetable Juice 100%- 4oz (15) Milk Choice 8oz .	11 Cheese Pizza WG (V) (32) Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) Fresh Fruit (22) Chef Treat WG 1gr Milk Choice 8oz .
14 Chicken Tenders (3) (16) Potato Wedge 3/4 c w/ketchup (25) Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz .	15 Turkey & Cheese on WG Bun (22) Carrots 3/4 cup IW Vanilla Chats (19) Juice 100%- 4oz (15) Milk Choice 8oz .	16 BBQ Meatballs 2oz (5) (20) Mixed Veggies 1/2 c (12) Baked Beans 1/2 c (22) Fresh Fruit (22) Dinner Roll WG IW (16) Milk Choice 8oz .	17 Buffalo Chicken Salad 3oz Whole Wheat Crackers 2 pkg Grape Tomatoes (5) 1/2 c (4) Vegetable Juice 4oz (13) Fresh Fruit (22) Dinner Roll WG IW (16) Milk Choice 8oz ^	18 *Closed* .
21 Chili w/beans/ Mac WG 6 oz Corn Bread Loaf 2oz WG IW (28) Corn 1/2 c (16) Apple Slices 1pkg 1/2c (7) Vegetable Juice 4oz (13) Milk Choice 8oz .	22 Swedish Meatballs (5) (8) Mashed Potatoes & Gravy 1/2c Corn 1/2 c (16) Fruit & Oat Cobbler Dinner Roll WG IW (16) Milk Choice 8oz .	23 Hot Dog on WG Bun (20) Diced Potatoes 3/4 c (24) Baked Beans 1/2 c (22) Juice 100%- 4oz (15) Milk Choice 8oz .	24 Grilled Cheese Sandwich (V) (37) Dill Pickle Spear IW (2) Apple Slices 1pkg 1/2c (7) Goldfish Crackers WG (28) Juice 100%- 4oz (15) Milk Choice 8oz .	25 *Closed* .
28 * Closed *	29 * Closed *	30 * Closed *	31 * Closed *	

**Carb Counts
included in
parenthesis ()
for each item**

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:
 Fat Free White Milk 1/2 Pint (Purple)(12)
 Fat Free Chocolate Milk 1/2 Pint (Brown)(23)
 1% White Milk 1/2 Pint (Green)(12)

Halal Meals:
 The main entrée is also served Halal. For menus that do not have a halal equivalent there will be a different Halal entrée'.

*(V) indicates a vegetarian entrée

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March 2022

1:51:58 PM

Tuesday, March 1, 2022

K-8 1

10582 /

West Village Academy- Halal-Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lasagna w/marinara WG (V) (28) Green Beans 1/2 c (5) Carrots Cooked 1/2 C Fresh Fruit (22) Milk Choice 8oz =	2 Chicken Caesar Salad Halal Muffin 2g-WG Potato Salad 3/4 c (24) Grapes 1/2c (23) Milk Choice 8oz ^	3 Orange Chicken 3.6 oz HL Brown Rice WG 1/2 c Mixed Veggies 1/2 c (12) Fortune Cookie (8) Juice 100%- 4oz (15) Milk Choice 8oz =	4 Cheese Pizza WG (V) (32) Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) Fresh Fruit (22) Chef Treat WG 1gr Milk Choice 8oz .
7 Meatballs 2oz (HL) over pasta WG 4oz. Green Beans 1/2 c (15) Fruit & Oat Cobbler Milk Choice 8oz =	8 Mac & Cheese (Baked) 6 oz (V) Roasted Red Potato (1) 1/2c (20) Broccoli 1/2 c & Cheese (12) Juice 100%- 4oz (15) Milk Choice 8oz =	9 Nachos 2oz w/shred chez (HL) Mixed Veggies 1/2 c (12) Cinnamon Apples 1/2 c Nacho Chips 2 oz WG IW (40) Milk Choice 8oz =	10 Chicken Patty w/Cheese HL Diced Potatoes 3/4 c (24) Chef Choice Vegetable Fresh Fruit (22) Milk Choice 8oz =	11 Cheese Pizza WG (V) (32) Carrot Coins 1/2 c (9) Vegetable Juice 4oz (13) Fresh Fruit (22) Chef Treat WG 1gr Milk Choice 8oz .
14 Chicken Tenders (2)(HL) (10) Tater Tots 1/2 c (11) Baked Beans -Halal 1/2 C (22) Mixed Veggies 1/2 c (12) Mandarin Oranges 1/2 c (13) Milk Choice 8oz =	15 Turkey & Gravy 4 oz (3) Rice Pilaf WG 1/2c (25) Corn 1/2 c (16) Fresh Fruit Mix (20) Milk Choice 8oz	16 Snack n Waffle WG (41) Cheese Stick 1 oz (1) Sun Butter 1oz Vegetable Juice 4oz (13) Yogurt 4oz- Trix (15) Fresh Fruit (22) Milk Choice 8oz =	17 Buffalo Chicken Salad (HL) Whole Wheat Crackers 1 pkg Carrots 3/4 cup IW Grape Tomatoes (5) 1/2 c (4) Craisins (28) Dinner Roll WG on the side (16) Milk Choice 8oz ^	18 *Closed* .
21 Chili w/beans 4 oz HL over pasta WG 4oz. Corn Bread Loaf 2oz WG IW (28) Carrots Cooked 1/2 C Corn 1/2 c (16) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz =	22 Meatballs 2oz (HL) Mashed Potatoes & Gravy 1/2c Corn 1/2 c (16) Fruit & Oat Cobbler Dinner Roll WG on the side (16) Milk Choice 8oz =	23 Hot Dog on a WG bun (HL) Diced Potatoes 3/4 c (24) Baked Beans 1/2 c (22) Juice 100%- 4oz (15) Milk Choice 8oz =	24 Pull Apart - Queso Apple Slices 1pkg 1/2c (7) Goldfish Crackers WG (28) Juice 100%- 4oz (15) Milk Choice 8oz &	25 *Closed* .
28 * Closed *	29 * Closed *	30 * Closed *	31 * Closed *	

Carb Counts included in parenthesis () for each item

* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

Milk Carbs:
 Fat Free White Milk 1/2 Pint (Purple)(12)
 Fat Free Chocolate Milk 1/2 Pint (Brown)(23)

*(V) indicates a vegetarian entree

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WEST VILLAGE ACADEMY
Local Wellness Policy
Preamble

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, this State Board of Education Model Local Wellness Policy was developed by the Michigan Department of Education, in collaboration with other state and local agencies, organizations, educators, and concerned citizens. This document may be modified to reflect local school West Village Academy policy and procedure. In addition, it is recommended that prior to adopting this policy West Village Academy's involve teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

The Michigan State Board of Education recognizes and acknowledges, through its September 2003 policy on coordinated school health programs, that, "schools cannot achieve their primary mission of education if students and staff is not physically, mentally and socially healthy." The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

This Model Local Wellness Policy is provided to assist Michigan school West Village Academy's in developing their local wellness policies. This document may be modified to reflect local school West Village Academy policy and procedure.

Adopted October 11, 2005

WEST VILLAGE ACADEMY Local Wellness Policy

The West Village Academy located at 3530 Westwood Dearborn, MI 48124 is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.¹ Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The West Village Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.² The West Village Academy shall encourage students to make nutritious food choices.

The West Village Academy shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

The West Village Academy shall consider nutrient density³ and portion size before permitting food and beverages to be sold or served to students.

The West Village Academy superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

¹ Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998. http://www.michigan.gov/documents/Health_Standards_15052_7.pdf.

² Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

³ Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all). http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

Physical Education and Physical Activity Opportunities

The West Village Academy shall offer physical education opportunities that include the components of a quality physical education program.⁴ Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.⁵

Every year, all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The West Village Academy may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The West Village Academy superintendent shall implement this policy and measure how well it is being managed and enforced. The West Village Academy superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The West Village Academy superintendent shall report to the local school board, as requested, on the West Village Academy's programs and efforts to meet the purpose and intent of this policy.

⁴ Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.

<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

⁵ Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.

http://www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf