



June 2022

10:23:21 AM
 Tuesday, May 24, 2022
 K-8 1

10675 /

West Village Academy Breakfast

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| | | 1 Scooby Doo Grahams WG (21) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 2 Trix Cereal Bar WG (30) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 3 Benefit Breakfast Bar WG (48) Strawberry Cup Chilled 4oz Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 6 Kix Cereal (14) Applesauce Cup 4oz (22) Graham Crackers 1pkg (11) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 7 Blueberry Muffin WG IW (31) Raisins 1 pkg (31) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 8 Granola 1 oz (20) Banana 1 ea (34) Yogurt 4oz- Trix (15) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 9 Breakfast Bread Slice WG IW (15) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 10 *Last Day* French Toast Mini Berry IW Strawberry Cup Chilled 4oz Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 13 *Closed* | 14 *Closed* | 15 *Closed* | 16 *Closed* | 17 *Closed* |
| 20 *Closed* | 21 *Closed* | 22 *Closed* | 23 *Closed* | 24 *Closed* |
| 27 *Closed* | 28 *Closed* | 29 *Closed* | 30 *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 entrée

This institution is an equal opportunity provider.



June 2022

1:21:43 PM

Thursday, May 26, 2022

K-8 1

10671 /

West Village Academy Lunch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| | | 1 Ez-Jammer Sandwich WG(28) Cheese Stick 1 oz (1) Vegetable Juice 4oz (13) Chilled Fruit 1/2 c Graham Crackers 1pkg (11) Milk Choice 8oz (13-20) | 2 Roast Beef & Cheddar on a Bun Mini Cucumber w/Dip Chef Treat WG 1gr (12) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) | 3 Cheese Pizza WG (V) (32) Carrots 3/4 cup IW (12) Chef Treat WG 1gr (12) Juice 100%- 4oz (15) Milk Choice 8oz (13-20) |
| 6 Turkey & Cheese on WG Bun (22) Carrots 3/4 cup IW (12) Grahams Minis WG (24) Fresh Fruit (22) Milk Choice 8oz (13-20) & | 7 Pull Apart - Queso (33) Cheese Stick 1 oz (1) Marinara Cup 3 oz Vegetable Juice 4oz (13) Fresh Fruit (22) Milk Choice 8oz (13-20) & | 8 Salsa Cup 3oz Nacho Chips 2oz WG Craisins (28) Cheese Sauce 2 oz Sunflower Seeds 1oz Milk Choice 8oz (13-20) & | 9 Italian Wrap WG Dill Pickle Spear IW (2) Vegetable Juice 4oz (13) Fresh Fruit (22) Baked Chips Milk Choice 8oz (13-20) & | 10 *Last Day* *1/2 Day No Lunch* |
| 13 *Closed* | 14 *Closed* | 15 *Closed* | 16 *Closed* | 17 *Closed* |
| 20 *Closed* | 21 *Closed* | 22 *Closed* | 23 *Closed* | 24 *Closed* |
| 27 *Closed* | 28 *Closed* | 29 *Closed* | 30 *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 entree

This institution is an equal opportunity provider.

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