



Chef Chipper's Early Learners Lunch Program



Breakfast

Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk

3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk

School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

* Please See CACFP Meal Pattern Charts



Monday

Tuesday

Wednesday

Thursday

Fun Friday

2	3	4	5	6
<u>WG Waffles</u> <u>Diced Peaches</u> 	<u>WG Rice Krispies</u> <u>Apple Sauce</u> 	<u>Yogurt</u> <u>Mandarin Oranges</u> 	<u>Bagels w/Grape Jelly</u> <u>Pears</u>	<u>Blueberry Muffin</u> <u>WG Mixed Fruit</u> 
9	10	11	12	13
<u>WG French Toast</u> <u>Diced Peaches</u>	<u>WG Cheerios</u> <u>Pineapple</u>	<u>WG Bagel w/ Cream Cheese</u> <u>Sliced Apples</u> 	<u>Life Cereal</u> <u>Pineapples</u> 	<u>WG Banana Muffin</u> <u>Mixed Fruit</u>
16	17	18	19	20
<u>WG Pancakes</u> <u>Diced Peaches</u>	<u>Corn Flakes</u> <u>Pears</u> 	<u>WG Yogurt</u> <u>Diced Peaches</u>	<u>Bagels w/Grape Jelly</u> <u>Pears</u>	<u>Blueberry Muffin</u> <u>WG Mixed Fruit</u> 
23	24	25	26	27
<u>WG Waffles</u> <u>Diced Peaches</u> 	<u>WG Rice Krispies</u> <u>Apple Sauce</u>	<u>WG Bagel w/ Cream Cheese</u> <u>Sliced Apples</u>	<u>Kix Cereal</u> <u>Pears</u> 	<u>WG Banana Muffin</u> <u>Mixed Fruit</u>
30	31			
<u>WG French Toast</u> <u>Diced Peaches</u>	<u>WG Cheerios</u> <u>Pineapple</u> 	<div style="border: 1px solid red; padding: 5px; text-align: center;"> <p><i>1% Milk</i> Is Served At <u>Breakfast Everyday</u> Whole Milk Is Available For Students Age 1</p> </div>	<div style="border: 1px solid blue; padding: 10px; text-align: center;"> <p><u>Menu Items Subject To Change</u> <u>Based On Availability</u></p> <p><u>Meal Changes Shall Be</u> <u>Written On The Posted Menu</u></p> </div>	 <p>CACFP Child & Adult Care Food Program</p>



Chef Chipper's Early Learners Lunch Program



Lunch



Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk















3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk

This institution is an equal opportunity provider.

School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

Approved by Barbara Myers, RD, LD/N

* Please See CACFP Meal Pattern Charts

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>"Bacon" Chicken Ranch Bake</u> Diced Chicken Breast-Creamy Ranch TURKEY BACON- Rice Topped w/ White Cheddar Corn Apple Slices</p>	<p>3</p> <p><u>Roasted Chicken in Gravy</u> Pulled Chicken Breast WG Rice Corn Mixed Fruit</p> 	<p>4</p> <p><u>Spaghetti Bolognese</u> WG Pasta - 100% Cheddar 80/20 Ground Beef Ricotta - Shredded Mozzarella Carrots Bananas</p>	<p>5</p> <p><u>Swedish Meatballs</u> 100% Beef Meatballs Pullman Bread Green Beans Oranges</p> <div style="border: 1px solid red; padding: 5px; width: fit-content;"> <p>1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1</p> </div>	<p>6</p> <p><u>Tyson Chicken Nuggets</u> Tossed Salad Peaches</p> 
<p>9</p> <p><u>Popcorn Chicken</u> <u>Broccoli Bites</u> w/ Ranch Dressing Apple Slices</p> 	<p>10</p> <p><u>Turkey Meatloaf</u> WG Breadsticks Roasted Potatoes Mixed Fruit</p>	<p>11</p> <p><u>Chicken Tacos</u> Pulled Chicken Breast Flour Tortillas Shredded Cheddar Corn</p> 	<p>12</p> <p><u>Chicken Primavera</u> Shredded Chicken Breast - WG Pasta Garlic Cream Sauce Spinach - Mozzarella Corn Oranges</p> 	<p>13</p> <p><u>Chicken Empanadas</u> Tossed Salad Peaches</p>
<p>16</p> <p><u>Chicken & White Bean Stew</u> Diced Chicken- Cannellini Beans Over Rice Corn Apple Slices</p>	<p>17</p> <p><u>Turkey Ham</u> WG Breadsticks Mashed Potatoes Mixed Fruit</p> <p>St. Patrick's Day</p> 	<p>18</p> <p><u>Beefy Baked Ziti</u> WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta Peas Bananas</p>	<p>19</p> <p><u>Sweet & Sour Chicken</u> Rice Stir Fry Vegetables Oranges</p>	<p>20</p> <p><u>Tyson Chicken Nuggets</u> Tossed Salad Peaches</p> 
<p>23</p> <p><u>Roasted BBQ Chicken Bites</u> <u>Broccoli Bites</u> with Ranch Dressing Apple Slices</p> 	<p>24</p> <p><u>Turkey Corn Dog Nuggets</u> Mixed Vegetables Mixed Fruit</p>	<p>25</p> <p><u>Beef & Bean Chili</u> Seasoned Taco Meat (80/20 Ground Beef) Rice & Beans - 100% Cheddar Corn Bananas</p> 	<p>26</p> <p><u>Chicken Parmesan</u> Shredded Chicken Breast - Mozzarella Cheese WG Penne Pasta Green Beans Oranges</p> 	<p>27</p> <p><u>Personal Pizza</u> Tossed Salad Peaches</p> 
<p>30</p> <p><u>Tyson Chicken Nuggets</u> Tossed Salad Apple Slices</p> 	<p>31</p> <p><u>Mexi-Cali Chicken over Rice</u> Shredded Chicken Breast Kidney Beans, Rice, Topped w/ Melted Cheddar Corn Mixed Fruit</p> 	<p>Q: How Can You Spot A Jealous Shamrock??</p>  <p>A: It Will Be Green With Envy</p>	<div style="border: 1px solid blue; padding: 10px;"> <p>Menu Items Subject To Change Based On Availability</p> <p>Meal Changes Shall Be Written On The Posted Menu</p> </div>	 <p>CACFP Child & Adult Care Food Program</p>



Chef Chipper's Early Learners Lunch Program



Veggie Lunch



Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk

3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk

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School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Baked Macaroni & Cheese</u> Corn Apple Slices	3 <u>WG Mozzarella Calzones</u> Corn Mixed Fruit 	4 <u>Baked Ziti</u> Carrots Bananas	5 <u>Veggie Burgers</u> Pullman Bread Green Beans Oranges <div style="border: 1px solid red; padding: 5px; width: fit-content; margin: 5px auto;">1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1</div>	6 <u>Veggie Nuggets</u> Tossed Salad Peaches 
9 <u>Veggie Nuggets</u> Broccoli Bites w/ Ranch Dressing Apple Slices 	10 <u>Baked Macaroni & Cheese</u> WG Breadsticks Roasted Potatoes Mixed Fruit	11 <u>Cheese Quesadillas</u> Shredded Cheddar Corn Bananas 	12 <u>Baked Ziti</u> Corn Oranges 	13 <u>Grilled Cheese</u> Tossed Salad Peaches
16 <u>Baked Macaroni & Cheese</u> Corn Apple Slices	17 <u>Grilled Cheese</u> Mashed Potatoes Mixed Fruit St. Patrick's Day 	18 <u>Baked Ziti</u> Peas Bananas	19 <u>Sweet & Sour Tofu</u> Rice Stir Fry Vegetables Oranges	20 <u>Veggie Nuggets</u> Tossed Salad Peaches 
23 <u>Baked Macaroni & Cheese</u> with Ranch Dressing Apple Slices 	24 <u>Veggie Burgers</u> Mixed Vegetables Mixed Fruit	25 <u>WG Calzone's</u> Corn Bananas 	26 <u>Baked Ziti</u> Green Beans Oranges 	27 <u>Personal Pizza</u> Tossed Salad Peaches 
30 <u>Veggie Nuggets</u> Tossed Salad Apple Slices 	31 <u>Grilled Cheese</u> Corn Mixed Fruit 	Q: How Can You Spot A Jealous Shamrock?? A: It Will Be Green With Envy 	<div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: 5px auto;">Menu Items Subject To Change Based On Availability Meal Changes Shall Be Written On The Posted Menu</div>	 CACFP Child & Adult Care Food Program

Menu Template: CHILDREN

FACILITY NAME: Life Span School and Daycare		WEEK 1: March 2nd 2026 – Marchth 2026			
	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 Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)
AM Snack (Choose two) Milk Fruit Vegetable Grain Meat/meat alternate	Water Choice of Muffin 1-5: 1 Muffin 6-12: 1 Muffin Fruit Cocktail 1-5: ½ c 6-12: ¾ c	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Crunch'n Crave Crackers 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 Pretzel Thins 1-5: 7 twists 6-12: 13 twists	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Cheez Its 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water Vanilla Yogurt 1-5: 2 oz 6-12: 4 oz Granola Bites 1-5: 1 pack 6-12: 1 pack
Lunch/Supper Milk Fruit Vegetable Grain Meat/meat alternate	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chipper (see attached)
PM Snack (Choose two) Milk Fruit Vegetable Grain	Apple Juice 1-5: ½ cup 6-12: ¾ cup WGR Cheddar Goldfish 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 Mini Cheddar Rice Cakes 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 WGR Choice of Sun chips 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 Apple Slices 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 Vanilla Bears 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.

FACILITY NAME: Life Span School and Daycare		WEEK 2: March 9th 2026 – March 13th 2026			
	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 Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)
AM Snack (Choose two) Milk Fruit Vegetable Grain Meat/meat alternate	Water Vanilla Yogurt 1-5: 2 oz 6-12: 4 oz Diced Pears 1-5: ½ c 6-12: ¾ c	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Applesauce 1-5: 1 container 6-12: 1 container	Apple Juice 1-5: ½ c 6-12: ¾ c Cheese Cheddar Mild Cubed ¾ in Glakes 1-5: 3 cubes 6-12: 5 cubes	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Crunch'n Crave Crackers 1-5: 1 pack 5612: 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Animal Crackers 1-5: 1 pack 6-12: 1 pack
Lunch/Supper Milk Fruit Vegetable Grain Meat/meat alternate	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chipper (see attached)
PM Snack (Choose two) Milk Fruit Vegetable Grain	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Cinnamon Bear Graham Crackers 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 Cheez Its 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 Apple Granola Bites 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 Choice of Sun chips 1-5: ½ ounce 6-12: 1 ounce	Water WGR Pretzel Wheels 1-5: 7 twists 6-12: 13 twists Fruit Cocktail 1-5: ½ c 6-12: ¾ c

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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.

FACILITY NAME: Life Span School and Daycare		WEEK 3: March 16th 2026 – March 20th 2026			
	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 Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)
AM Snack (Choose two) Milk 1 Fruit Vegetable Grain 2 Meat/meat alternate	Water WGR Townhouse Crackers 1-5: ½ oz - 4 crackers 6-12: 1 oz - 8 crackers Diced Pears 1-5: ½ c 6-12: ¾ c	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Cinnamon Bug Grahams 1-5: 1 pack 6-12: 1 pack	Water WGR Vanilla Bears 1-5: 1 pack 6-12: 1 pack Fruit Cocktail 1-5: ½ c 6-12: ¾ c	Fruit Punch 1-5: ½ c 6-12: ¾ c WGR Animal Crackers 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 Choice of Sun Chips 1-5: ½ ounce 5-12: 1 ounce
Lunch/Supper Milk 1 Fruit Vegetable Grain 2 Meat/meat alternate	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chipper (see attached)
PM Snack (Choose two) Milk 1 Fruit Vegetable Grain	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Strawberry Chex Mix 1-5: 1 pack 6-12: 1 pack	Fruit Punch 1-5: ½ c 6-12: ¾ c Mini Rice Cakes 1-5: 1 pack 6-12: 1 pack	Water WGR Wheat Crackers 1-5: ½ oz – 1 pack 5-12: 1 oz – 1 pack Hummus 1-5: ½ oz 6-12: 1 oz	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Choice of Muffin 1-5: ½ oz – 1 Muffin 6-12: 1 oz – 1 Muffin	Water WGR Pretzel Twists 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists Cheese Stick 1-5: 1/2 stick 6-12: 1 stick

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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.

FACILITY NAME: Life Span School and Daycare		WEEK 4: March 23rd 2026 – March 27th 2026			
	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 Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)
AM Snack (Choose two) Milk 1 Fruit Vegetable Grain 2 Meat/meat alternate	Water WGR Wheat Crackers 1-5: ½ oz – 1 pack 5-12: 1 oz – 1 pack Fruit Cocktail 1-5: ½ c 6-12: ¾ c	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Goldfish Crackers 1-5: 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 WGR Cinnamon 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 Vanilla Bears 1-5: 1 pack 6-12: 1 pack	Water Choice of Yogurt 1-5: 2 oz – 1 container 6-12: 4 oz – 1 container Animal Crackers 1-5: ½ oz – 5 crackers 6-12: 1 oz – 10 crackers
Lunch/Supper Milk 1 Fruit Vegetable Grain 2 Meat/meat alternate	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chef Chipper (see attached)	Provided by Chipper (see attached)
PM Snack (Choose two) Milk 1 Fruit Vegetable Grain	Water WGR Pretzel Wheels 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists Cheese Cubes 1-5: 3 cubes 6-12: 5 cubes	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Mini Cheddar Rice Cakes 1-5: 1 pack 6-12: 1 pack	Apple Juice 1-5: ½ c 6-12: ¾ c WGR Pretzel Thins 1-5: 7 twists 6-12: 13 twists	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Pineapple 1-5: ½ c 6-12: ¾ c	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Tortilla Chips 1-5: ½ oz – 8 chips 6-12: 1 oz – 16 chips

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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.
- 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.

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