



Chef Chipper's Early Learners Lunch Program



This institution is an equal opportunity provider.
Approved by Barbara Myers, RD, LD/N

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
		1	2	3
		<u>WG Bagel w/ Cream Cheese</u> <u>Sliced Apples</u> 	<u>Life Cereal</u> <u>Mandarin Oranges</u> 	<u>Blueberry Muffin</u> <u>WG Mixed Fruit</u> 
6	7	8	9	10
<u>WG French Toast</u> <u>Diced Peaches</u> 	<u>Toasted Oats Cereal</u> <u>Pineapple</u> 	<u>WG Yogurt</u> <u>Diced Peaches</u> 	<u>WG English Muffin w/Grape Jelly</u> <u>Mandarin Oranges</u>	<u>WG Banana Muffin</u> <u>Mixed Fruit</u> 
13	14	15	16	17
<u>WG Pancakes</u> <u>Diced Peaches</u>	<u>Corn Flakes Cereal</u> <u>Pineapple</u> 	<u>WG Bagel w/ Cream Cheese</u> <u>Sliced Apples</u>	<u>Kix Cereal</u> <u>Mandarin Oranges</u> 	<u>Blueberry Muffin</u> <u>WG Mixed Fruit</u> 
20	21	22	23	24
<u>WG Waffles</u> <u>Diced Peaches</u> 	<u>Crispy Rice Cereal</u> <u>Pineapple</u>	<u>WG Yogurt</u> <u>Diced Peaches</u> 	<u>WG English Muffin w/Grape Jelly</u> <u>Mandarin Oranges</u>	<u>WG Banana Muffin</u> <u>Mixed Fruit</u> <div style="border: 1px solid red; padding: 5px; text-align: center;"><i>1% Milk Is Served At Breakfast Everyday Whole Milk Is Available For Students Age 1</i></div>
27	28	29	30	
<u>WG French Toast</u> <u>Diced Peaches</u>	<u>Toasted Oats Cereal</u> <u>Pineapple</u> 	<u>WG Bagel w/ Cream Cheese</u> <u>Sliced Apples</u>	<u>Kix Cereal</u> <u>Mandarin Oranges</u> 	<div style="border: 2px solid blue; padding: 10px;"><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>



Chef Chipper's Early Learners Lunch Program



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

* Please See CACFP Meal Pattern



Monday		Tuesday		Wednesday		Thursday		Friday	
				<p>1</p> <p><u>Penne w/ Meat sauce</u> <u>WG Pasta - 100% Cheddar</u> <u>80/20 Ground Beef</u> <u>Ricotta - Shredded Mozzarella</u> <u>Carrots</u> <u>Bananas</u></p>		<p>2</p> <p><u>Herb Roasted Chicken</u> <u>Diced Chicken Breast</u> <u>WG Rice</u> <u>Peas & Carrots</u> <u>Oranges</u></p>		<p>3</p> <p><u>Popcorn Chicken</u> <u>Tossed Salad</u> <u>Peaches</u></p> <p style="border: 1px solid blue; padding: 5px; text-align: center;">Menu Items Subject To Change Based On Availability</p>	
<p>6</p> <p><u>Boneless Chicken Bites</u> <u>Corn</u> <u>Apple Slices</u></p>		<p>7</p> <p> <u>Salisbury Steak</u> <u>WG Breadsticks</u> <u>Mashed Potatoes</u> <u>Mixed Fruit</u></p>		<p>8</p> <p><u>Chicken Fajitas</u> <u>Pulled Chicken Breast</u> <u>Flour Tortillas</u> <u>Fajita Vegetable Mix</u> <u>Bananas</u></p>		<p>9</p> <p><u>Meatball Sandwich</u> <u>100% Beef Meatballs</u> <u>Hot Dog Roll</u> <u>Peas</u> <u>Oranges</u></p>		<p>10</p> <p><u>Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p> <p style="border: 1px solid blue; padding: 5px; text-align: center;">Meal Changes Shall Be Written On The Posted Menu</p>	
<p>13</p> <p><u>Tyson Chicken Nuggets</u> <u>Tossed Salad</u> <u>Apple Slices</u></p>		<p>14</p> <p> <u>Turkey Ham</u> <u>WG Breadsticks</u> <u>Mashed Potatoes</u> <u>Mixed Fruit</u></p>		<p>15</p> <p><u>Beefy Baked Ziti</u> <u>WG Penne Pasta—100% Cheddar</u> <u>Tomato Sauce - Mozzarella - Ricotta</u> <u>Peas</u> <u>Bananas</u></p>		<p>16</p> <p><u>Teriyaki Chicken</u> <u>Rice</u> <u>Stir Fry Vegetables</u> <u>Oranges</u></p>		<p>17</p> <p><u>Chicken Empanadas</u> <u>Tossed Salad</u> <u>Peaches</u></p>	
<p>20</p> <p><u>Beefy Baked Mac & Cheese</u> <u>WG Rotini - 100% Cheddar</u> <u>80/20 Ground Beef</u> <u>Mozzarella - Cheese Sauce</u> <u>Tossed Salad</u></p>		<p>21</p> <p><u>Puled BBQ Chicken Sandwich</u> <u>WG Hot Dog Roll</u> <u>Peas & Carrots</u> <u>Apple Slices</u></p>		<p>22</p> <p><u>Crispy Fish Filet</u> <u>WG Pullman Bread</u> <u>Corn</u> <u>Bananas</u></p>		<p>23</p> <p><u>Chicken Parmesan</u> <u>Shredded Chicken Breast -</u> <u>Mozzarella Cheese</u> <u>WG Penne Pasta</u> <u>Mixed Vegetables</u> <u>Oranges</u></p>		<p>24</p> <p> <u>Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p>	
<p>27</p> <p><u>Roasted BBQ Chicken Bites</u> <u>Broccoli Bites</u> <u>with Ranch Dressing</u> <u>WG Pullman Bread</u> <u>Apple Slices</u></p>		<p>28</p> <p><u>Chicken Burrito Bowls</u> <u>Pulled Chicken Breast</u> <u>Rice & Beans</u> <u>100% Cheddar</u> <u>Corn</u> <u>Mixed Fruit</u></p>		<p>29</p> <p><u>Chilli Con Carne</u> <u>Seasoned Taco Meat (80/20 Ground Beef</u> <u>100% Cheddar -over Rice</u> <u>Corn</u> <u>Banana</u></p>		<p>30</p> <p><u>Cheeseburgers</u> <u>WG Roll</u> <u>Mashed Potatoes</u> <u>Oranges</u></p>		<p> Q: How do bees brush their hair? A: Honeycombs</p>	



Chef Chipper's Early Learners Lunch Program



Veggie Lunch



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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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1</p>	<p>Menu Items Subject To Change Based On Availability</p>
		<p><u>Baked Ziti</u> <u>Carrots</u> <u>Bananas</u></p>		
<p><u>Baked Ziti</u> <u>Corn</u> <u>Apple Slices</u></p>			<p><u>Baked Ziti</u> <u>Peas</u> <u>Oranges</u></p>	<p><u>Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p> <p>Meal Changes Shall Be Written On The Posted Menu</p>
<p><u>Veggie Nuggets</u> <u>Tossed Salad</u> <u>Apple Slices</u></p>		<p><u>Baked Ziti</u> <u>Peas</u> <u>Bananas</u></p>		<p><u>Mozzarella Calzones</u> <u>Tossed Salad</u> <u>Peaches</u></p>
<p><u>Baked Ziti</u> <u>Tossed Salad</u> <u>Peaches</u></p>	<p><u>Grilled Cheese</u> <u>WG Hot Dog Roll</u> <u>Peas & Carrots</u> <u>Apple Slices</u></p>	<p><u>Macaroni & Cheese</u> <u>WG Pullman Bread</u> <u>Corn</u> <u>Bananas</u></p>	<p><u>Mozzarella & Cheese Calzones</u> <u>Mixed Vegetables</u> <u>Oranges</u></p>	<p><u>Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p>
<p><u>Veggie Nuggets</u> <u>Broccoli Bites</u> <u>with Ranch Dressing</u> <u>WG Pullman Bread</u> <u>Apple Slices</u></p>	<p><u>Cheese Quesadillas</u> <u>Corn</u> <u>Mixed Fruit</u></p>	<p><u>Baked Ziti</u> <u>Corn</u> <u>Banana</u></p>	<p><u>Veggie Burgers</u> <u>WG Roll</u> <u>Mashed Potatoes</u> <u>Oranges</u></p>	<p>Q: How do bees brush their hair? A: Honeycombs</p>

FACILITY NAME: Life Span School and Daycare		WEEK 1: March 30th 2026 – April 3rd 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 Harvest Wheat Crackers 1-5: ½ oz 6-12: 1 oz String Cheese 1-5: 1 stick 6-12: 1 stick	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Strawberry Waffle Bar 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 Cheez Its 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water WGR Pretzel Wheels 1-5: 7 twists 6-12: 13 twists Fruit Cocktail 1-5: ½ c 6-12: ¼ c	Water Vanilla Yogurt 1-5: 2 oz 6-12: 4 oz Granola Bites 1-5: 1 pack 6-12: 1 pack
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 Animal Crackers 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 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 WGR Cheddar Goldfish 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 Tortilla Chips 1-5: 8 chips or ½ oz 6-12: 16 chips or 1 oz

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: April 6th 2026 – April 10th 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 Peaches 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 Pretzel Wheels 1-5: 7 twists 6-12: 13 twists Fruit Cocktail 1-5: ½ c 6-12: ¾ c	Fruit Punch Juice 1-5: ½ c 6-12: ¾ c WGR Graham Cracker – No Honey 1-5: ½ oz – 5 crackers 6-12: 1 oz – 10 crackers	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 Sunrise Bites Maple 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack	Fruit Punch 1-5: ½ c 6-12: ¾ c WGR Mini Rice Cakes 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 Sunrise 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 Pretzel Thins 1-5: ½ oz – 7 twists 6-12: 1 oz – 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: 10 crackers 6-12: 10 crackers

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FACILITY NAME: Life Span School and Daycare		WEEK 3: April 13th 2026 – April 17th 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	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Sunrise Bites 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 Applesauce 1-5: 1 container 6-12: 1 container	Apple Juice 1-5: ½ c 6-12: ¾ c Strawberry Waffle Bar 1-5: 1 pack 5-12: 1 pack	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	Water Fruit Cocktail -5: ½ c 6-12: ¾ c WGR Pretzel Thins 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists
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	Fruit Punch Juice 1-5: ½ c 6-12: ¾ c Cheese Cheddar Mild Cubed 3/4in 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 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 WGR Vanilla Bear 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 Vanilla Yogurt 1-5: 2 oz 6-12: 4 oz Apple Granola Bites 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack

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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: April 20th 2026 –April 24th 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: ¼ 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 Apple Granola Bites 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: ¼ c WGR Cheese-its 1-5: ½ oz – 9 crackers 6-12: 1 oz – 18 crackers	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Strawberry Waffle Bar 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 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.

FACILITY NAME: Life Span School and Daycare		WEEK 4: April 27th 2026 – May 1st 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	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Strawberry Waffle Bar 1-5: 1 pack 6-12: 1 pack	Apple Juice 1-5: ½ c 6-12: ¾ c 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 Animal Crackers 1-5: ½ oz - 5 crackers or 1 pack 6-12: 1 oz - 10 crackers or 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Graham Crackers 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Apple Juice 1-5: ½ c 6-12: ¾ c WGR Goldfish 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack
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 Cinnamon Bug Grahams 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 Cheez-Its 1-5: 10 crackers or 1 pack 6-12: 10 crackers or 1 pack	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Wheat Crackers 1-5: ½ oz – 10 crackers 6-12: 1 oz – 10 crackers	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Rice cakes 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: ½ oz – 7 twists 6-12: 1 oz – 13 twists

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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.

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.