

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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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: 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 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: ¾ 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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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.

QUAKERTOWN LIFESPAN SCHOOL-AGE MENU



APRIL 2026



	Monday		Tuesday		Wednesday		Thursday		Friday	
	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM Holiday Care	BREAKFAST	PM
Week of 3/30										
Grain	1oz Trix	1pk Ritz Bits	1 Corn Muffin	1pk Pretzels	1 oz Crispy Rice	1 pk Ched Chex Mix	1 Corn Muffin	1pk Cheez Its	CLOSED	CLOSED
Dairy	8oz 1% Milk	6 oz White Grape	8oz 1% Milk	Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk	6 oz White Grape		
Fruit/Veg.	4oz Pears		4oz Applesauce	6oz Apple Juice	4oz Mixed Fruit	6oz Apple Juice	4oz Pineapple Bits	1 pk Trad Chex		
Other								6oz Apple Juice		
Week of 4/6										
Grain	1 Apple Cinn Muffin	1 pk Pretzels 1 Cheesestick	1oz Crispy Rice	1pk Goldfish	1 Apple Cinn Muffin	1 pk Churro Crackers	1oz Trix	1pk Cheez Its	1 Apple Cinn Muffin	1pk Ritz Bits
Dairy	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	4oz Apple Sauce	1 pk Tostitos w/ Salsa	4oz Pineapple Bits		4oz Pears		4oz Mixed Fruit		4oz Apple Sauce	
Other		6 oz White Grape		6oz White Grape		6oz Apple Juice		6 oz White Grape		6oz Apple Juice
Week of 4/13										
Grain	1oz Trix	1pk Sports Bites	1 Combread Muffin	1pk Ched Chex	1oz Crispy Rice	1pk Goldfish	1 Combread Muffin	1 pk Pretzels	1oz Trix	1 pk Trad Chex
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	1 Cheesestick	8 oz. 1% Milk	6 oz White Grape
Fruit/Veg.	4 oz Pineapple Bits	6oz White Grape	4oz Pears	6oz Apple Juice	4oz Mixed Fruit	6oz White Grape	4oz Apple Sauce	6 oz Apple Juice	4oz Pears	
Other										
Week of 4/20										
Grain	1 Apple Cinna	1 pk Goldfish	1oz Crispy Rice	1pk Ritz Bits	1 Apple Cinna	1pk Sports Bites	1oz Trix	1 pk Cheez Its	1 Apple Cinna	1pk Churro Crackers
Dairy	8oz 1% Milk	6oz White Grape	8oz 1% Milk	6oz White Grape	8 oz. 1% Milk	6oz White Grape	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6oz White Juice
Fruit/Veg.	4oz Pears		4oz Mixed Fruit		4oz Applesauce		4oz Pineapple Bits		4oz Pears	
Other										
Week of 4/27										
Grain	1oz Crispy Rice	1pk Trad Sun Chips	1 Apple Cinna	1pk Sports Bites	1oz Trix	1pk Popcorn	1 Apple Cinna	1 pk Goldfish	1oz Crispy Rice	1 pk Pretzels
Dairy	8oz 1% Milk	6oz White Grape	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	6oz White Grape	8oz 1% Milk	6 oz Apple Juice	8oz 1% Milk	6oz White Grape
Fruit/Veg.	4oz Mixed Fruit		4oz Pears		4oz Pineapples		4oz Pears		4oz Applesauce	
Other										

LifeSpan's School-Age Snack Menu is subject to change without notice – All meals provided are per the CACFP guidelines and components – Substitute meals or extra snack may be brought from home – Water is offered at all times