



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

MAY

Monday

Tuesday

Wednesday

Thursday

Fun Friday

Monday	Tuesday	Wednesday	Thursday	Fun Friday
	<p><u>Menu Items Subject To Change Based On Availability</u></p> <p><u>Meal Changes Shall Be Written On The Posted Menu</u></p>			<p>1</p> <p><u>WG Blueberry Muffin</u> <u>WG Mixed Fruit</u></p> 
4	5	6	7	8
<p><u>WG French Toast</u> <u>Diced Peaches</u></p> 	<p><u>Toasted Oats Cereal</u> <u>Pineapple</u></p> 	<p><u>Yogurt</u> <u>Diced Peaches</u></p> 	<p><u>WG English Muffin w/Grape Jelly</u> <u>Mandarin Oranges</u></p>	<p><u>WG Banana Muffin</u> <u>Mixed Fruit</u></p> 
11	12	143	14	15
<p><u>WG Pancakes</u> <u>Diced Peaches</u></p>	<p><u>Corn Flakes Cereal</u> <u>Pineapple</u></p> 	<p><u>WG Bagel w/ Cream Cheese</u> <u>Sliced Apples</u></p>	<p><u>Kix Cereal</u> <u>Mandarin Oranges</u></p> 	<p><u>WG Blueberry Muffin</u> <u>WG Mixed Fruit</u></p> 
18	19	20	21	22
<p><u>WG Waffles</u> <u>Diced Peaches</u></p> 	<p><u>Crispy Rice Cereal</u> <u>Pineapple</u></p>	<p><u>Yogurt</u> <u>Diced Peaches</u></p> 	<p><u>WG English Muffin w/Grape Jelly</u> <u>Mandarin Oranges</u></p>	<p><u>WG Banana Muffin</u> <u>Mixed Fruit</u></p> <div style="border: 1px solid red; padding: 5px; width: fit-content;"> <p><u>1% Milk</u> <u>Is Served At</u> <u>Breakfast Everyday</u> <u>Whole Milk Is Available</u> <u>For Students Age 1</u></p> </div>
25	26	27	28	29
<p><u>WG French Toast</u> <u>Diced Peaches</u></p> 	<p><u>Toasted Oats Cereal</u> <u>Pineapple</u></p>	<p><u>WG Bagel w/ Cream Cheese</u> <u>Sliced Apples</u></p> 	<p><u>Kix Cereal</u> <u>Mandarin Oranges</u></p>	<p><u>WG Blueberry Muffin</u> <u>WG Mixed Fruit</u></p> 



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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

















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

Lunch



* Please See CACFP Meal Pattern

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Q: What do butterflies use to hold up their houses???</p> <p>A: Cater-Pillars!</p>		<div style="border: 1px solid red; padding: 5px; width: fit-content; margin: auto;"> <p>1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1</p> </div> 	<p>1</p>  <p>WG Personal Pizza Tossed Salad Peaches</p>
4	5	6	7	8
<p><u>Meatloaf</u> <u>WG Breadsticks</u> <u>Mashed Potatoes</u> <u>Apple Slices</u></p>	 <p><u>Hot Turkey in Gravy</u> <u>WG Breadsticks</u> <u>Mashed Potatoes</u> <u>Mixed Fruit</u></p>	<p><u>Spaghetti Bolognese</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><u>Lemon Pepper Chicken</u> <u>Diced Chicken Breast</u> <u>WG Rice</u> <u>Peas & Carrots</u> <u>Oranges</u></p>	 <p><u>Meatball Sandwich</u> <u>100% Beef Meatballs</u> <u>WG Hot Dog Roll</u> <u>Tossed Salad</u> <u>Peaches</u></p>
11	12	13	14	15
<p><u>Tyson Chicken Nuggets</u> <u>Tossed Salad</u> <u>Apple Slices</u></p> 	<p><u>Chicken & White Bean Chilli</u> <u>Chicken Breast - White Beans</u> <u>100% Cheddar -over WG Rice</u> <u>Corn</u> <u>Mixed Fruit</u></p>	 <p><u>Chicken Fajitas</u> <u>Pulled Chicken Breast</u> <u>WG Flour Tortillas</u> <u>Fajita Vegetable Mix</u> <u>Bananas</u></p>	<p><u>Sweet & Sour Chicken</u> <u>WG Rice</u> <u>Stir Fry Vegetables</u> <u>Oranges</u></p>	 <p>WG Personal Pizza Tossed Salad Peaches</p>
18	19	20	21	22
<p><u>Baked Mac & Cheese</u> <u>WG Pasta - 100% Cheddar</u> <u>Mixed Vegetables</u> <u>Peaches</u></p>	 <p><u>WG Turkey Corndog Nuggets</u> <u>Peas & Carrots</u> <u>Apple Slices</u></p>	<p><u>Crispy Fish Filet</u> <u>WG Pullman Bread</u> <u>Corn</u> <u>Bananas</u></p>	<p><u>Cajun Chicken & Pasta</u> <u>Pulled Chicken Breast</u> <u>WG Rotini - Creamy Creole Sauce</u> <u>Mixed Vegetables</u> <u>Oranges</u></p>	<p><u>WG Chicken Empanadas</u> <u>Tossed Salad</u> <u>Peaches</u></p> 
25	26	27	28	29
 <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><u>Chicken Burrito Bowls</u> <u>Pulled Chicken Breast</u> <u>WG Rice & Beans</u> <u>100% Cheddar</u> <u>Corn</u> <u>Mixed Fruit</u></p> 	<p><u>Baked Ziti</u> <u>WG Penne Pasta—100% Cheddar</u> <u>Tomato Sauce - Mozzarella - Ricotta</u> <u>Peas - Bananas</u></p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: auto;"> <p>Menu Items Subject To Change Based On Availability</p> </div>	 <p><u>Turkey Burgers</u> <u>WG Roll</u> <u>Mashed Potatoes</u> <u>Oranges</u></p>	<p>WG Personal Pizza Tossed Salad Peaches</p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: auto;"> <p>Meal Changes Shall Be Written On The Posted Menu</p> </div>



Chef Chipper's Early Learners Lunch Program



Veggie Lunch



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Approved by Barbara Myers, RD, LD/N


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>Q: What do butterflies use to hold up their houses???</p> <p>A: Cater-Pillars!</p>		<div style="border: 1px solid red; padding: 5px; width: fit-content; margin: auto;"> <p>1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1</p> </div> 	<p>1</p>  <p>WG Personal Pizza Tossed Salad Peaches</p>
4	5	6	7	8
<p><u>Veggie Burgers</u> WG Roll Mashed Potatoes Apple Slices</p>	 <p>WG Mozzarella Calzone Mashed Potatoes Mixed Fruit</p>	<p><u>Baked Ziti</u> WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta Carrots Bananas</p>	<p><u>WG Spanish Rice & Red Beans</u> Peas & Carrots Oranges</p> 	 <p><u>Grilled Cheese</u> WG Bread Tossed Salad Peaches</p>
11	12	13	14	15
<p><u>WG Veggie Nuggets</u> Tossed Salad Apple Slices</p> 	<p><u>WG Spanish Rice & Red Beans</u> 100% Cheddar Corn Mixed Fruit</p>	 <p><u>Cheese Quesadillas</u> 100% Cheddar WG Flour Tortillas Fajita Vegetable Mix Bananas</p>	<p><u>Sweet & Sour Tofu</u> WG Rice Stir Fry Vegetables Oranges</p>	 <p>WG Personal Pizza Tossed Salad Peaches</p>
18	19	20	21	22
<p><u>Baked Mac & Cheese</u> WG Pasta - 100% Cheddar Mixed Vegetables Peaches</p>	 <p>WG Mozzarella Calzone Peas & Carrots Apple Slices</p>	<p><u>Grilled Cheese</u> WG Bread Corn Bananas</p>	<p><u>Morning Star Chk'n</u> WG Rotini - Creamy Creole Sauce Mixed Vegetables Oranges</p>	<p><u>Baked Ziti</u> WG Pasta Tossed Salad Peaches</p> 
25	26	27	28	29
 <p>WG Veggie Nuggets Broccoli Bites with Ranch Dressing WG Pullman Bread Apple Slices</p>	<p><u>Cheese Quesadillas</u> 100% Cheddar WG Flour Tortillas Corn Mixed Fruit</p> 	<p><u>Baked Ziti</u> WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta Peas - Bananas</p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: auto;"> <p>Menu Items Subject To Change Based On Availability</p> </div>	 <p><u>Veggie Burgers</u> WG Roll Mashed Potatoes Oranges</p>	<p>WG Personal Pizza Tossed Salad Peaches</p> <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: auto;"> <p>Meal Changes Shall Be Written On The Posted Menu</p> </div>

FACILITY NAME: Life Span School and Daycare		WEEK 1: May 4th 2026 – May 8th 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 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 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 Chex Cereal 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 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	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	Water WGR Pretzel Wheels 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists Cheese Stick 1-5: ½ stick 6-12: 1 stick	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: May 11th 2026 – May 15th 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 WGR Pretzel Wheels 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists Cheese Stick 1-5: ½ stick 6-12: 1 stick	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 Chef 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	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Fruit Cocktail 1-5: ½ cup 6-12: ¾ cup

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FACILITY NAME: Life Span School and Daycare		WEEK 3: May 18th 2026 – May 22nd 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 Cinnamon Bug 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 WGR Graham Cracker 1-5: ½ oz – 2 packs 6-12: 1 oz – 3 packs	Apple Juice 1-5: ½ c 6-12: ¾ c WGR Cheez-Its 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 Pretzels 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 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 Vanilla Bears 1-5: ½ oz – 1 pack 5-12: 1 oz – 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

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 4: May 25th 2026 – May 29th 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 Choice of Fruit 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.