

<b>FACILITY NAME: Life Span School and Daycare</b>		<b>WEEK 1: May 4<sup>th</sup> 2026 – May 8<sup>th</sup> 2026</b>			
	<b>MONDAY:</b>	<b>TUESDAY:</b>	<b>WEDNESDAY:</b>	<b>THURSDAY:</b>	<b>FRIDAY:</b>
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
<b>Breakfast</b>  Milk <sup>1</sup> Fruit/vegetable, or portions of both Grain <sup>2</sup> (or meat/meat alternate 3x/wk)	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>
<b>AM Snack</b>  (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
<b>Lunch/Supper</b>  Milk Fruit Vegetable Grain Meat/meat alternate	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>
<b>PM Snack</b>  (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

<sup>1</sup> 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.

<sup>2</sup> 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.

<b>FACILITY NAME: Life Span School and Daycare</b>		<b>WEEK 2: May 11<sup>th</sup> 2026 – May 15<sup>th</sup> 2026</b>			
	<b>MONDAY:</b>	<b>TUESDAY:</b>	<b>WEDNESDAY:</b>	<b>THURSDAY:</b>	<b>FRIDAY:</b>
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
<b>Breakfast</b>  Milk <sup>1</sup> Fruit/vegetable, or portions of both Grain <sup>2</sup> (or meat/meat alternate 3x/wk)	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>
<b>AM Snack</b>  (Choose two) Milk Fruit Vegetable Grain Meat/meat alternate	<b>Water</b>  <b>WGR Pretzel Wheels</b> 1-5: ½ oz – 7 twists 6-12: 1 oz – 13 twists  <b>Cheese Stick</b> 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  <b>Applesauce</b> 1-5: 1 container 6-12: 1 container	<b>Apple Juice</b> 1-5: ½ c 6-12: ¾ c  <b>Cheese Cheddar Mild Cubed</b> 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  <b>WGR Crunch'n Crave Crackers</b> 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  <b>WGR Animal Crackers</b> 1-5: 1 pack 6-12: 1 pack
<b>Lunch/Supper</b>  Milk Fruit Vegetable Grain Meat/meat alternate	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chipper (see attached)</b>
<b>PM Snack</b>  (Choose two) Milk Fruit Vegetable Grain	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12  <b>WGR Cinnamon Bear Graham Crackers</b> 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  <b>WGR Cheez Its</b> 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  <b>Apple Granola Bites</b> 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  <b>WGR Choice of Sun chips</b> 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  <b>Fruit Cocktail</b> 1-5: ½ cup 6-12: ¾ cup

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<sup>2</sup> 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.

<b>FACILITY NAME: Life Span School and Daycare</b>		<b>WEEK 3: May 18<sup>th</sup> 2026 – May 22<sup>nd</sup> 2026</b>			
	<b>MONDAY:</b>	<b>TUESDAY:</b>	<b>WEDNESDAY:</b>	<b>THURSDAY:</b>	<b>FRIDAY:</b>
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
<b>Breakfast</b>					
Milk <sup>1</sup> Fruit/vegetable, or portions of both Grain <sup>2</sup> (or meat/meat alternate 3x/wk)	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>
<b>AM Snack</b>  (Choose two) Milk 1 Fruit Vegetable Grain <sup>2</sup> 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
<b>Lunch/Supper</b>					
Milk 1 Fruit Vegetable Grain <sup>2</sup> Meat/meat alternate	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chipper (see attached)</b>
<b>PM Snack</b>  (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

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<sup>2</sup> 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.

<b>FACILITY NAME: Life Span School and Daycare</b>		<b>WEEK 4: May 25<sup>th</sup> 2026 – May 29<sup>th</sup> 2026</b>			
	<b>MONDAY:</b>	<b>TUESDAY:</b>	<b>WEDNESDAY:</b>	<b>THURSDAY:</b>	<b>FRIDAY:</b>
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
<b>Breakfast</b>  Milk <sup>1</sup> Fruit/vegetable, or portions of both Grain <sup>2</sup> (or meat/meat alternate 3x/wk)	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>
<b>AM Snack</b>  (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
<b>Lunch/Supper</b>  Milk 1 Fruit Vegetable Grain 2 Meat/meat alternate	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chef Chipper (see attached)</b>	<b>Provided by Chipper (see attached)</b>
<b>PM Snack</b>  (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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<sup>2</sup> 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](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.**

## LIFESPAN SCHOOL-AGE MENU MAY 2026

	Monday		Tuesday		Wednesday		Thursday		Friday	
	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Week of 4/27-5/1										
Grain	1oz Crispy Rice	1 pk Trad Chex Mix	1 Apple Cinna	1pk Sports Bites	1oz Cocoa Puffs	1pk Tostitos w/Salsa	1 Apple Cinna	1 pk Goldfish	1oz Crispy Rice	1 pk Pretzels
Dairy	8oz 1% Milk		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. Other	4oz Mixed Fruit	6oz White Grape	4oz Pears		4oz Pineapples		4oz Pears		4oz Applesauce	
Week of 5/4-5/8										
Grain	1 Blueberry Muffin	1pk Popcorners	1oz Cinna Toast Crunch	1pk Honey BBQ Chips	1 Blueberry Muffin	1pk Ched Chex Mix	1oz Kix	1pk Ritz Bits	1 Blueberry Muffin	1pk Pretzels
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg. Other	4oz Mandarin Oranges	6oz Apple Juice	4oz Pineapples	6oz White Grape	4oz Applesauce	6oz Apple Juice	4oz Mixed Fruit	6 oz White Grape	4oz Pears	6oz Apple Juice
Week of 5/11-5/15										
Grain	1oz Cinna Toast Crunch	1pk Trad Sun Chips	1 Blueberry Muffin	1 pk Trad Chex Mix	1oz Cocoa Puffs	1pk Cheez Its	1 Blueberry Muffin	1pk Churros	1oz Crispy Rice	1 pk Goldfish
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8oz 1% Milk	
Fruit/Veg. Other	4oz Pears	6oz White Grape	4oz Mandarin Oranges	6oz Apple Juice	4oz Pineapples	6oz White Grape	4oz Applesauce	6 oz Apple Juice	4oz Mixed Fruit	6oz White Grape
Week of 5/18-5/22										
Grain	1 Apple Cinna Muffin	1pk Popcorners	1oz Cocoa Puffs	1 pk Goldfish	1 Apple Cinna Muffin	1pk Ched Chex Mix	1 oz Cinna Toast Crunch	1pk Trad Sun Chips	1 Apple Cinna Muffin	1 pk Pretzels
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	6oz White Grape	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg. Other	4oz Pineapple Bits	6oz Apple Juice	4oz Mixed Fruit	1 pk Churros - 6oz Apple Juice	4oz Mandarin Oranges	6oz White Grape	4oz Pears	6oz Apple Juice	4oz Applesauce	6oz White Grape
			HOLIDAY CARE	HOLIDAY CARE						
Week of 5/25-5/29										
Grain	CLOSED	CLOSED	1oz Cinna Toast Crunch	1pk Sports Bites	1 Blueberry Muffin	1pk Ritz Bits	1oz Cocoa Puffs	1 pk Goldfish	1 Blueberry Muffin	1 pk Pretzels
Dairy			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