



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

		1	2	3
	<div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p>Menu Items Subject To Change Based On Availability</p> <p>Meal Changes Shall Be Written On The Posted Menu</p> </div>	<u>WG French Toast</u> <u>Sliced Apples</u> 	<u>WG Corn Chex</u> <u>Mandarin Oranges</u>	<u>WG English Muffin w/Grape Jelly</u> <u>WG Mixed Fruit</u>
		6	7	8
<u>WG Banana Loaf or Muffin</u> <u>Diced Peaches</u>	<u>WG Honey Cheerios</u> <u>Pineapple</u> 	<u>WG Waffles</u> <u>Diced Peaches</u>	<u>Yoplait Simply Go-GURT</u> <u>Mandarin Oranges</u>	<u>WG Bagel w/ Cream Cheese</u> <u>Mixed Fruit</u>
13	14	15	16	17
<u>WG Blueberry Loaf or Muffin</u> <u>Diced Peaches</u> 	<u>WG Honey Cheerios</u> <u>Pineapple</u>	<u>WG Pancakes</u> <u>Sliced Apples</u> 	<u>WG Corn Chex</u> <u>Mandarin Oranges</u>	<u>WG English Muffin w/Grape Jelly</u> <u>WG Mixed Fruit</u>
20	21	22	23	24
<u>WG Banana Loaf or Muffin</u> <u>Diced Peaches</u>	<u>WG Honey Cheerios</u> <u>Pineapple</u>	<u>WG French Toast</u> <u>Sliced Apples</u>	<u>Yoplait Simply Go-GURT</u> <u>Mandarin Oranges</u>	<u>WG Bagel w/ Cream Cheese</u> <u>Mixed Fruit</u> <div style="border: 1px solid red; padding: 5px; text-align: center; font-size: small;"> <p>1% Milk Is Served At Breakfast Everyday Whole Milk Is Available For Students Age 1</p> </div>
27	28	29	30	31
<u>WG Blueberry Loaf or Muffin</u> <u>Diced Peaches</u> 	<u>WG Honey Cheerios</u> <u>Pineapple</u>	<u>WG Waffles</u> <u>Sliced Apples</u> 	<u>WG Corn Chex</u> <u>Mandarin Oranges</u>	<u>WG English Muffin w/Grape Jelly</u> <u>WG Mixed Fruit</u>



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>Q: What did the ghost say on the 4th of July???</p> <p>A: Red, White, & Blue!</p>	<p>1</p> <p><u>BBQ Beef Sandwich</u> <u>WG Roll</u> <u>Corn</u> <u>Bananas</u></p> 	<p>2</p> <p><u>Tony's Deep Dish WG Pizza</u> <u>Tossed Salad</u> <u>Oranges</u></p> 	<p>3</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>Peaches</u></p> 
6	7	8	9	10
<p><u>Baked Mac & Cheese</u> <u>WG Pasta - 100% Cheddar</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 you 6oz per)</u> <u>Broccoli Bites</u> <u>with Ranch Dressing</u> <u>Apple Slices</u></p>	 <p><u>Hot Turkey in Gravy</u> <u>WG Roll</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>Lemon Pepper Chicken</u> <u>Pulled Chicken Breast</u> <u>WG Rice</u> <u>Stir Fry Vegetables</u> <u>(Peas, Carrots, Broccoli, Peppers)</u> <u>Oranges</u></p>	<p><u>Chicken Caesar Salad</u> <u>Pulled Chicken Breast</u> <u>Caesar Salad</u> <u>Chopped Romaine Lettuce</u> <u>WG Bread Stick</u> <u>Peaches</u></p>
13	14	15	16	17
 <p><u>Tyson Boneless Chicken Bites</u> <u>(5 = 2oz M 1.5oz G)</u> <u>(3 = 1oz M .5oz G)</u> <u>Tossed Salad</u> <u>Apple Slices</u></p>	 <p><u>Salisbury Steak</u> <u>WG Pullman Bread</u> <u>Peas & Carrots</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>Sweet & Sour Chicken</u> <u>Pulled Chicken Breast</u> <u>WG Rice</u> <u>Stir Fry Vegetables</u> <u>Stir Fry Vegetables</u> <u>(Peas, Carrots, Broccoli, Peppers)</u> <u>Oranges</u></p>	 <p><u>WG Chicken Empanadas</u> <u>Tossed Salad</u> <u>Peaches</u></p>
20	21	22	23	24
<p><u>Crispy Chicken Sandwich</u> <u>WG Roll</u> <u>Mixed Vegetables</u> <u>Peaches</u></p>	 <p><u>Meatball Sandwich</u> <u>100% Beef Meatballs (4 .5oz)</u> <u>WG Hot Dog Roll</u> <u>Green Beans</u> <u>Apple Slices</u></p>	<p><u>Chicken Burrito Bowls</u> <u>Pulled Chicken Breast</u> <u>WG Rice & Beans w/ 100% Cheddar</u> <u>Corn</u> <u>Bananas</u></p>	<p><u>Cajun Chicken & Pasta</u> <u>Pulled Chicken Breast -WG Rotini</u> <u>Creamy Creole Sauce w/ Diced Bell Peppers</u> <u>Mixed Vegetables</u> <u>Oranges</u></p>	<p><u>WG Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p> <div style="border: 1px solid red; padding: 5px; width: fit-content;"> <p><u>1% Milk</u> <u>Is Served At</u> <u>Lunch Everyday</u> <u>Whole Milk Is Available</u> <u>For Students Age 1</u></p> </div>
27	28	29	30	31
 <p><u>Roasted BBQ Chicken Bites</u> <u>(5 = 2oz M.)</u> <u>(3 = 1oz M.)</u> <u>WG Pullman Bread</u> <u>Peas</u> <u>Apple Slices</u></p>	 <p><u>Turkey Burgers</u> <u>WG Roll</u> <u>Mashed Potatoes</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>(1-2 y/o 4oz per)</u> <u>(3-5 you 6oz per)</u> <u>Peas - Bananas</u></p> 	<p><u>Teriyaki Chicken</u> <u>Pulled Chicken Breast</u> <u>WG Rice</u> <u>Stir Fry Vegetables</u> <u>Stir Fry Vegetables</u> <u>(Peas, Carrots, Broccoli, Peppers)</u> <u>Oranges</u></p> <div style="border: 1px solid blue; padding: 5px; width: fit-content;"> <p><u>Menu Items Subject To Change</u> <u>Based On Availability</u></p> </div>	 <p><u>Tyson Chicken Nuggets</u> <u>(5 = 2oz M 1.5oz G)</u> <u>(3 = 1oz M .5oz G)</u> <u>Tossed Salad</u> <u>Peaches</u></p> <div style="border: 1px solid blue; padding: 5px; width: fit-content;"> <p><u>Meal Changes Shall Be</u> <u>Written On The Posted Menu</u></p> </div>



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

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

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Approved by Barbara Myers, RD, LD/N

* Please See CACFP Meal Pattern Charts

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Q: What did the ghost say on the 4th of July???</p> <p>A: Red, White, & BOO!</p>	<p>1</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Corn</u> <u>Bananas</u></p>	<p>2</p> <p><u>Tony's Deep Dish WG Pizza</u> <u>Tossed Salad</u> <u>Oranges</u></p>	<p>3</p> <p><u>Cheese Quesadillas</u> <u>100% Cheddar – WG Tortilla</u> <u>Corn</u> <u>Peaches</u></p>
		<p>6</p> <p><u>Baked Mac & Cheese</u> <u>WG Pasta - 100% Cheddar</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Broccoli Bites</u> <u>with Ranch Dressing</u> <u>Apple Slices</u></p>	<p>7</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Corn</u> <u>Mixed Fruit</u></p>	<p>8</p> <p><u>Cheese Quesadillas</u> <u>100% Cheddar – WG Tortilla</u> <u>Fajita Vegetable Mix</u> <u>Bananas</u></p>
<p>13</p> <p><u>Morning Star Veggie Nuggets</u> <u>(5 = 2oz M 1.5oz G)</u> <u>(3 = 1oz M .5oz G)</u> <u>Tossed Salad</u> <u>Apple Slices</u></p>	<p>14</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Peas & Carrots</u> <u>Mixed Fruit</u></p>	<p>15</p> <p><u>Baked Ziti</u> <u>WG Penne Pasta—100% Cheddar</u> <u>Tomato Sauce - Mozzarella - Ricotta</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Carrots</u></p>	<p>16</p> <p><u>Baked Mac & Cheese</u> <u>WG Pasta - 100% Cheddar</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 you 6oz per)</u> <u>Stir Fry Vegetables</u> <u>Stir Fry Vegetables</u> <u>(Peas, Carrots, Broccoli, Peppers)</u> <u>Oranges</u></p>	<p>17</p> <p><u>Cheese Quesadillas</u> <u>100% Cheddar – WG Tortilla</u> <u>Tossed Salad</u> <u>Peaches</u></p>
<p>20</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Mixed Vegetables</u> <u>Peaches</u></p>	<p>21</p> <p><u>Baked Ziti</u> <u>WG Penne Pasta—100% Cheddar</u> <u>Tomato Sauce - Mozzarella - Ricotta</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Green Beans</u> <u>Apple Slices</u></p>	<p>22</p> <p><u>Cheese Quesadillas</u> <u>100% Cheddar – WG Tortilla</u> <u>Corn</u> <u>Bananas</u></p>	<p>23</p> <p><u>Grilled Cheese Sandwich</u> <u>WG Bread - 100% Cheddar</u> <u>Mixed Vegetables</u> <u>Oranges</u></p>	<p>24</p> <p><u>WG Personal Pizza</u> <u>Tossed Salad</u> <u>Peaches</u></p> <div style="border: 1px solid red; padding: 5px; text-align: center;"> <p><u>1% Milk</u> <u>Is Served At</u> <u>Lunch Everyday</u> <u>Whole Milk Is Available</u> <u>For Students Age 1</u></p> </div>
<p>27</p> <p><u>Morning Star Veggie Nuggets</u> <u>(5 = 2oz M 1.5oz G)</u> <u>(3 = 1oz M .5oz G)</u> <u>Peas</u> <u>Apple Slices</u></p>	<p>28</p> <p><u>Morning Star Veggie Burger</u> <u>WG Roll</u> <u>Mashed Potatoes</u> <u>Mixed Fruit</u></p>	<p>29</p> <p><u>Baked Ziti</u> <u>WG Penne Pasta—100% Cheddar</u> <u>Tomato Sauce - Mozzarella - Ricotta</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Peas - Bananas</u></p>	<p>30</p> <p><u>Baked Mac & Cheese</u> <u>WG Pasta - 100% Cheddar</u> <u>(1-2 y/o 4oz per)</u> <u>(3-5 y/o 6oz per)</u> <u>Stir Fry Vegetables</u> <u>Stir Fry Vegetables</u> <u>Oranges</u></p> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p><u>Menu Items Subject To Change</u> <u>Based On Availability</u></p> </div>	<p>31</p> <p><u>Cheese Quesadillas</u> <u>10% Cheddar – WG Tortilla</u> <u>Tossed Salad</u> <u>Peaches</u></p> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p><u>Meal Changes Shall Be</u> <u>Written On The Posted Menu</u></p> </div>

FACILITY NAME: Life Span School and Daycare		WEEK 1: June 29th 2026 – July 3th 026			
	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)	Closed
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	For Independence day!
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)	
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	Closed

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: July 6th 2026 – July 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 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 ¾in 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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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: July 13th 2026 –July 17th 026			
Meal	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
	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

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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: July 20th2026 – July 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 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.

FACILITY NAME: Life Span School and Daycare		WEEK 4: July 27th 2026 – July 31st 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

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.



LIFESPAN SCHOOL-AGE / SUMMER CAMP MENU

JULY 2026



	Monday		Tuesday		Wednesday		Thursday		Friday	
Week Of	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
7/1-7/3					1 oz Cinna Toast	1pk Trad Sun Chips 6oz Grape Juice	1 oz Kix Cereal 4oz Mixed Fruit 8oz 1% Milk	1 pk Sports Bites 6oz Apple Juice	CLOSED for 4th of July	
Grain										
Dairy										
Fruit/Veg.										
Other						1 pk Goldfish 6 oz Apple Juice	4 oz Mixed Fruit 6oz White Grape	1 pk Cheez-Its		
7/6-7/10										
7/13-7/17										
7/20-7/24										
7/27-7/31										

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

This institution is an equal opportunity provider.