

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 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: 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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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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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

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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	1 oz Kix Cereal	1 pk Sports Bites	CLOSED for 4th of July	
Grain					8 oz. 1% Milk, 4oz Pineapple Bits	4oz Mixed Fruit	6oz Apple Juice			
Dairy						1 pk Goldfish	6oz White Grape			
Fruit/Veg.						6 oz Apple Juice				
Other										
7/6-7/10										
Grain	1oz Trix	1 pk Goldfish	1oz Cinna Toast Crunch	1pk Cheez Its	1oz.Kix	1 pk Ritz Bits	1oz Trix Cereal	1 pk Popcorners	1oz Cinna Toast	1 pk Ched Chex
Dairy	8 oz. 1% Milk	6oz White Grape	8oz 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6 oz White Grape
Fruit/Veg.	4 oz Pineapples	1pk Sports Bites 6oz Apple Juice	4 oz Pears	1 pk Churro Crackers	4oz Mixed Fruit	1 pk Pretzels	4oz Applesauce	1 pk Trad Chex	4oz Mandarin Oranges	Trad Sun Chips
Other				6oz Apple Juice	6oz Apple Juice	6oz White Grape	6oz White Grape	6oz White Grape	6oz White Grape	6oz Apple Juice
7/13-7/17										
Grain	1oz Cinna Toast Crunch	1pk Cheez Its	1oz. Kix 4oz. Mandarin Oranges	1pk Goldfish	1oz Trix Cereal	1 pk Ched Chex	1oz Cinna Toast	1 pk Trad Chex	1oz Kix	1 pk Churro Crackers
Dairy	8oz 1% Milk	6 oz Apple Juice	8oz 1% Milk	6 oz White Grape	8oz 1% Milk	6oz Apple Juice	8 oz. 1% Milk, 4oz Pineapples	6oz Grape Juice	8oz 1% Milk	6oz Apple Juice
Fruit/Veg.	4oz Pears	1pk Pretzels 6oz White Grape		1 pk Popcorners	4oz Applesauce	1pk Sports Bites		1pk Goldfish	4 oz Mixed Fruit	1 pk Ritz Bits
Other				6oz Apple Juice		6oz White Grape		6 oz Apple Juice		6oz White Grape
7/20-7/24										
Grain	1oz. Trix	1 pk Popcorners	1oz Kix Cereal	1 pk Sports Bites	1 oz Cinna Toast	1 pk Pretzels	1oz Kix Cereal	1pk Trad Sun Chips	1 oz Cinna Toast	1 pk Ritz Bits
Dairy	8 oz. 1% Milk,	6oz Apple Juice	8 oz. 1% Milk	6oz Grape Juice	8oz 1% Milk	6oz Apple Juice	8 oz. 1% Milk, 4oz Pineapple	6oz Grape Juice	8oz 1% Milk	6oz Apple Juice
Fruit/Veg.	4 oz. Pears	1 pk Trad Chex	4oz Mandarin Oranges	1pk Cheez Its	4oz Applesauce	1 pk Ched Chex		1 pk Goldfish	4 oz Mixed Fruit	1 pk Cheez-Its
Other		6oz White Grape		6oz Apple Juice		6oz White Grape		6 oz Apple Juice		6oz White Grape
7/27-7/31										
Grain	1oz Kix Cereal	1 pk Pretzels	1 oz Trix Cereal	1pk Churro Crackers	1oz Cinna Toast Crunch	1 pk Goldfish	1oz Kix Cereal	1 pk Ritz Bits	1 oz Trix Cereal	1 pk Ched Chex
Dairy	8 oz. 1% Milk	6oz White Grape	8oz 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6 oz White Grape
Fruit/Veg.	4 oz Pineapples	1pk Trad Sun Chips 6oz Apple Juice	4 oz Pears	1 pk Sports Bites	4oz Mixed Fruit	1 pk Trad Chex	4oz Applesauce	1 pk Popcorners	4oz Mixed Fruit	1 pk Cheez Its
Other				6oz White Grape	6oz White Grape		6oz White Grape	6oz White Grape	6oz White Grape	6oz Apple Juice

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.