

FACILITY NAME: Life Span School and Daycare		WEEK 1 August 3rd – August 7th			
	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) Milk1 Fruit Vegetable Grain2 Meat/meat alternate	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Bagel w/ Cream Cheese 1-5: ½ oz – 1 each 6-12: 1 oz – 1 each	Water Fresh Bananas 1-5: ½ cup – 1 banana 6-12: ¾ cup – 1 ½ banana WGR Croissant 1-5: ½ oz - 1 each 6-12: 1 oz - 1 each	Water Fresh Apple Slices 1-5: ½ cup – 1 pack 6-12: ¾ cup – 2 packs WGR Cheddar Goldfish 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water Fruit Mix Cup 1-5: 1 container 6-12: 2 containers WGR Cinnamon Scooby Sticks 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack	Water WGR Blueberry Muffin 1-5: ½ oz – 1 Muffin 6-12: 1 oz – 1 Muffin Vanilla Yogurt Cup- 4oz 1-5: 1 each 6-12: 1 each
Lunch/Supper Milk1 Fruit Vegetable Grain2 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) Milk1 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 WGR Cheerios Bowl 1-5: ½ oz – 1 bowl 6-12: 1 oz – 1 bowl	Water WGR Choice of Sun chips 1-5: 1 pack 6-12: 1 pack String Cheese 1-5: 1 stick 6-12: 1 stick	Water WGR Tortilla 1-5: ½ oz – 1 tortilla 6-12: 1 oz – 1 tortilla Sunbutter 1-5: ½ oz – 1 tablespoon 6-12: 1 oz – 2 tablespoons	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Harvest of Month Recipe

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 August 10th – August 14th			
	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
Breakfast Milk ³ Fruit/vegetable, or portions of both Grain ⁴ (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 Cinnamon Bug Grahams 1-5: 1 pack 6-12: 1 pack Strawberry & Banana Blast Yogurt Cup- 4oz 1-5: 1 each 6-12: 1 each	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Simply Strawberry Chex Mix 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 Cinnamon Toast Crunch Bowl RS 1-5: ½ oz – 1 bowl 6-12: 1 oz – 1 bowl	100% Apple Juice 1-5: ½ c 6-12: ¾ c WGR Maple Madness Waffle 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 Apple Cinnamon Muffin 1-5: ½ oz – 1 each 6-12: 1 oz – 1 each
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 WG Dinner Roll w/ Turkey & Cheese 1-5: 1 each 6-12: 1 each	Water Diced Peach Cup 1-5: 1 container 6-12: 2 containers WGR Heartzels 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack	Water Baby Carrot Sticks Pack 1-2: Ritz Crackers (4) 3-12: 1 pack Hummus 1-5: 2 tablespoons 6-12: 3 tablespoons	Water Diced Mandarin Orange Cup 1-5: 1 container 6-12: 2 containers WGR Tortilla Chips w/ salsa Cup 1-5: ½ oz – 8 chips 6-12: 1 oz – 16 chips	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Harvest of Month Recipe

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⁴ 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 August 17th – August 21st			
	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
Breakfast Milk ⁵ Fruit/vegetable, or portions of both Grain ⁶ (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) Milk1 Fruit Vegetable Grain2 Meat/meat alternate	Water WG English Muffin 1-5: ½ oz - 1 each 6-12: 1 oz - 1 each Sunbutter 1-5: ½ oz – 1 tablespoon 6-12: 1 oz – 2 tablespoons	Water Pear Cup 1-5: 1 container 6-12: 2 containers WGR Teddy 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 Pretzel Roll 1-5: ½ oz – 1 each 6-12: 1 oz – 1 each Marinara Cup 1-5: 1 each 6-12: 1 each	Water Fresh Oranges 1-5: ½ cup wedges 6-12: ¾ cup wedges WGR Scooby Cinnamon Sticks 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 Corn Muffin 1-5: ½ oz - 1 each 6-12: 1 oz - 1 each
Lunch/Supper Milk1 Fruit Vegetable Grain2 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) Milk1 Fruit Vegetable Grain	Water Tropical Fruit Cup 1-5: 1 cup 6-12: 2 cups Raspberry Yogurt Cup- 4oz 1-5: 1 each 6-12: 1 each	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Frosted Mini Wheat Cereal Bowl 1-5: ½ oz – 1 bowl 6-12: 1 oz – 1 bowl	Water Applesauce Cup 1-5: 1 cup 6-12: 2 cups WG Simply Cheddar Chex 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water Cheese Cubes 1-5: 3 cubes 6-12: 5 cubes WGR Choice of Sun chips 1-5: 1 package 6-12: 1 package	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Harvest of Month Recipe

⁵ 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.

⁶ 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 August 24 th – August 28 th		
	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
Breakfast Milk ⁷ Fruit/vegetable, or portions of both Grain ⁸ (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) Milk1 Fruit Vegetable Grain2 Meat/meat alternate	Water Pineapple Tidbits Cup 1-5: 1 container 6-12: 1 container WGR Cheddar Goldfish 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water Turkey Slices (1970825) 1-5: 1 slice 6-12: 2 slices Ritz Crackers Crackers 1-5: 2 pack 6-12: 3 pack	Water WGR Tiger Bites 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack Cherry Trix Yogurt Cup- 4oz 1-5: 1 each 6-12: 1 each	Water Fresh Apple Slices 1-5: 1 pack 6-12: 2 packs WGR Croissant 1-5: 1 each 6-12: 1 each	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Blueberry Sliced Bread- 3.4oz 1-5: 1 slice 6-12: 1 slice
Lunch/Supper Milk1 Fruit Vegetable Grain2 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) Milk1 Fruit Vegetable Grain	Water WGR Apple Cinnamon Muffin 1-5: ½ oz – 1 each 6-12: 1 oz – 1 each Cheese Cubes 1-5: 3 cubes 6-12: 5 cubes	Water Applesauce Cup 1-5: 1 cup 6-12: 2 cups WGR Cheez-It 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 Rice Krispies Cereal Bowl 1-5: ½ oz – 1 bowl 6-12: 1 oz – 1 bowl	Water Pear Cup 1-5: 1 cup 6-12: 2 cups WGR Biscuit 1-5: ½ oz – 1 each 6-12: 1 oz – 1 each	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Harvest of Month Recipe

⁷ 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.

⁸ 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.

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 $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ 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.

   LIFESPAN SCHOOL-AGE / SUMMER CAMP MENU    August 2026										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Week OF 8/3-8/7	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	1oz. Cocoa Puffs	1 pk Ritz Bits	1oz Trix Cereal	1 pk SunChips	1oz Cinna Toast	1 pk SmartFood Popcorn	1oz Cocoa Puffs	1 pk Teddy Grahams	1 oz Cinna Toast	1 pk Pretzels
Dairy	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6 oz White Grape	8 oz. 1% Milk	6oz Grape Juice	8oz 1% Milk	6oz Apple Juice
Fruit/Veg.	4oz Mixed Fruit	1 pk Pretzels	4oz Applesauce	1 pk Trad Chex	4oz Mandarin Oranges	Teddy Grahams	4oz Mandarin Oranges	1pk Cheez Its	4oz Applesauce	1 pk Ched Chex
Other		6oz White Grape	6oz White Grape	6oz White Grape	6oz White Grape	6oz Apple Juice	6oz Apple Juice	6oz Apple Juice	6oz White Grape	6oz White Grape
Week of 8/10-8/14	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	1oz Trix	1 pk Goldfish	1oz Cinna Toast Crunch	1pk Cheez Its	1oz Cocoa Puffs	1 pk Ritz Bits	1oz Trix Cereal	1 pk SunChips	1oz Cinna Toast	1 pk SmartFood Popcorn
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 Animal Crackers	4 oz Pears	1 pk Ched Chex	4oz Mixed Fruit	1 pk Pretzels	4oz Applesauce	1 pk Trad Chex	4oz Mandarin Oranges	Teddy Grahams
Other		6oz Apple Juice	6oz Apple Juice	6oz Apple Juice	6oz White Grape	6oz White Grape	6oz White Grape	6oz White Grape	6oz White Grape	6oz Apple Juice
Week of 8/17-8/21	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	1oz Cinna Toast Crunch	1pk Cheez Its	1oz. Cocoa Puffs Mandarin Oranges	1pk Goldfish	1oz Trix Cereal	1 pk Ched Chex	1oz Cinna Toast	1 pk Trad Chex	1oz Cocoa Puffs	1 pk Animal 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		1 pk SmartFood Popcorn	4oz Applesauce	1pk Sports Bites		1pk Goldfish	4 oz Mixed Fruit	1 pk Ritz Bits
Other		6oz White Grape		6oz Apple Juice		6oz White Grape		6 oz Apple Juice		6oz White Grape
Week of 8/24-8/27	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	1oz. Trix	1 pk SmartFood Popcorn	1oz Cocoa Puffs	1 pk Teddy Grahams	1 oz Cinna Toast	1 pk Pretzels	1oz Cocoa Puffs	1pk Trad Sun Chips	CLOSED	CLOSED
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		
Fruit/Veg.	4 oz. Pears	1 pk Trad Chex	4oz Mandarin Oranges	1pk Cheez Its	4oz Applesauce	1 pk Ched Chex		1 pk Goldfish		
Other		6oz White Grape		6oz Apple Juice		6oz White Grape		6 oz 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.