

| <b>FACILITY NAME: Life Span School and Daycare</b>                                                                                           |                                                                                                                                                                                  | <b>WEEK 2 August 10<sup>th</sup> – August 14<sup>th</sup></b>                                                                                                  |                                                                                                                                                                             |                                                                                                                                                                                              |                                                                                                                                                                     |
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|                                                                                                                                              | <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><br><br>Milk <sup>3</sup><br>Fruit/vegetable, or<br>portions of both<br>Grain <sup>4</sup> (or meat/meat<br>alternate 3x/wk) | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                                               | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                             | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                                          | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                                                           | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                                  |
| <b>AM Snack</b><br><br>(Choose two)<br>Milk1<br>Fruit<br>Vegetable<br>Grain2<br>Meat/meat alternate                                          | <b>Water</b><br><br><b>WGR Cinnamon Bug Grahams</b><br>1-5: 1 pack<br>6-12: 1 pack<br><br><b>Strawberry &amp; Banana Blast Yogurt</b><br>Cup- 4oz<br>1-5: 1 each<br>6-12: 1 each | <b>½ c Whole Milk 1-2</b><br><b>½ c 1% Milk 3-5</b><br><b>1 c 1% Milk 6-12</b><br><br><b>WGR Simply Strawberry<br/>Chex Mix</b><br>1-5: 1 pack<br>6-12: 1 pack | <b>½ c Whole Milk 1-2</b><br><b>½ c 1% Milk 3-5</b><br><b>1 c 1% Milk 6-12</b><br><br><b>WGR Cinnamon Toast Crunch Bowl RS</b><br>1-5: ½ oz – 1 bowl<br>6-12: 1 oz – 1 bowl | <b>100% Apple Juice</b><br>1-5: ½ c<br>6-12: ¾ c<br><br><b>WGR Maple Madness Waffle</b><br>1-5: ½ oz - 1 pack<br>6-12: 1 oz - 1 pack                                                         | <b>½ c Whole Milk 1-2</b><br><b>½ c 1% Milk 3-5</b><br><b>1 c 1% Milk 6-12</b><br><br><b>WGR Apple Cinnamon Muffin</b><br>1-5: ½ oz – 1 each<br>6-12: 1 oz – 1 each |
| <b>Lunch/Supper</b><br><br>Milk1<br>Fruit<br>Vegetable<br>Grain2<br>Meat/meat alternate                                                      | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                                               | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                             | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                                          | <b>Provided by Chef Chipper<br/>(see attached)</b>                                                                                                                                           | <b>Provided by Chipper<br/>(see attached)</b>                                                                                                                       |
| <b>PM Snack</b><br><br>(Choose two)<br>Milk1<br>Fruit<br>Vegetable<br>Grain                                                                  | <b>Water</b><br><br><b>WG Dinner Roll w/ Turkey &amp; Cheese</b><br>1-5: 1 each<br>6-12: 1 each                                                                                  | <b>Water</b><br><br><b>Diced Peach Cup</b><br>1-5: 1 container<br>6-12: 2 containers<br><br><b>WGR Heartzels</b><br>1-5: ½ oz - 1 pack<br>6-12: 1 oz - 1 pack  | <b>Water</b><br><br><b>Baby Carrot Sticks Pack</b><br>1-2: Ritz Crackers (4)<br>3-12: 1 pack<br><br><b>Hummus</b><br>1-5: 2 tablespoons<br>6-12: 3 tablespoons              | <b>Water</b><br><br><b>Diced Mandarin Orange Cup</b><br>1-5: 1 container<br>6-12: 2 containers<br><br><b>WGR Tortilla Chips w/ salsa Cup</b><br>1-5: ½ oz – 8 chips<br>6-12: 1 oz – 16 chips | <b>½ c Whole Milk 1-2</b><br><b>½ c 1% Milk 3-5</b><br><b>1 c 1% Milk 6-12</b><br><br><b>Harvest of Month Recipe</b>                                                |

<sup>3</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>4</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.