

FACILITY NAME: Life Span School and Daycare			WEEK 6 September 7 th – 11 th		
	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
Breakfast Milk ¹¹ Fruit/vegetable, or portions of both Grain ¹² (or meat/meat alternate 3x/wk)	Closed	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 WGR Animal Crackers 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack Strawberry Banana Yogurt 1-5: 1 cup 6-12: 1 cup	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 Salsa Cup 1-5: 1 each 6-12: 1 each	Water Diced Pear Cup 1-5: 1 container 6-12: 2 containers WGR Heartzels 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 Blueberry Bread 1-5: ½ oz – 1 each 6-12: 1 oz – 1 each
Lunch/Supper Milk1 Fruit Vegetable Grain2 Meat/meat alternate	Labor	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 Frosted Mini Wheat Cereal Bowl 1-5: ½ oz – 1 bowl 6-12: 1 oz – 1 bowl	Water Fresh Banana 1-5: ½ cup 6-12: ¾ cup WGR Chat Snax Vanilla Crunch 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water Fresh Apple Slices 1-5: ½ cup – 1 pack 6-12: ¾ cup – 2 packs String Cheese 1-5: 1 stick 6-12: 1 stick	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Harvest of Month Recipe

¹¹ 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.

¹² 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.