

FACILITY NAME: Life Span School and Daycare			WEEK 5 August 31 st – September 4 th		
	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
Meal	Food Item	Food Item	Food Item	Food Item	Food Item
Breakfast					
Milk ⁹ Fruit/vegetable, or portions of both Grain ¹⁰ (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 Cinnamon Bug Grahams 1-5: ½ oz – 1 pack 6-12: 1 oz – 1 pack	Water Baby Carrot Sticks Pack 1-2: Ritz Crackers (4) 3-5: 1 pack 6-12: 1 pack Hummus 1-5: 2 tablespoons 6-12: 3 tablespoons	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 WGR Blueberry Bash Mini Waffle 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack	Water WGR Strawberry Chex Mix 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack Vanilla 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 Banana 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	WGR English Muffin Pizza 1-5: ½ oz – 1 English Muffin 6-12: 1 oz – 1 English Muffin Marinara Cup 1-12: 1 each Shredded Mozzarella Cheese 1-12: ¼ cup each	½ c Whole Milk 1-2 ½ c 1% Milk 3-5 1 c 1% Milk 6-12 Kix Cereal Bowl 1-5: ½ oz – 1 bowl 6-12: 1 oz – 1 bowl	Water Tropical Fruit Cup 1-5: 1 cup 6-12: 2 cups WGR Choice of Sun chips 1-5: ½ oz - 1 pack 6-12: 1 oz - 1 pack	Water Peach Cup 1-5: 1 cup 6-12: 2 cups WGR Pretzel Goldfish 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 Harvest of Month Recipe

⁹ 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.

¹⁰ 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.