

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.

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 Hartzels 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.



	Monday		Tuesday		Wednesday		Thursday		Friday	
8/31-9/4	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM
Grain			1oz Kix 8oz 1%Milk 4oz Applesauce	1 pk Cheez-its 6oz Apple Juice	1 Blueberry Muffin, 8oz 1% milk 4oz Mixed Fruit	1pk Pretzels 1 Cheesestick 6oz Grape Juice	1oz Cinna Toast Crunch 8oz 1%Milk, 4oz Pears	1 pk Trad Sun Chips 6oz Apple Juice	1 Blueberry Muffin, 8oz 1% milk 4oz Pineapples	1pk Ched Chex 6oz Apple Juice
Dairy										1pk SmtFood 6oz Grape
Fruit/Veg.										
Other										HOLIDAY CARE
9/7-9/11	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	CLOSED	CLOSED	1oz Kix 8oz 1%Milk 4oz Mandarin Oranges	1pk Animal Crackers 6oz Grape Juice	1 Blueberry 8oz. 1%Milk 4oz Applesauce	1pk Goldfish Crackers 6oz Grape	1oz Cinna Toast Crunch 8oz 1%Milk, 4oz Pears	1 pk Ritz Bits 6oz Grape	1 Blueberry Muffin, 8oz 1% milk 4oz Mixed Fruit	1 pk Teddy Grahams 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
9/14-9/18	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 oz Kix 8oz 1%Milk 4oz Applesauce	1 pk Trad Sun Chips 6oz Apple Juice	1 Blueberry 8oz 1% milk 4oz Mixed Fruit	1 pk Traditional Chex 6oz Grape	1oz Trix 8oz 1%Milk 4oz Mandarin Oranges	1pk SmtFood Popcorn 6oz White Grape	1 Blueberry Muffin 8oz. 1%Milk 4oz Pineapples	1pk Animal Crackers 6oz Grape Juice	1oz Kix 8oz 1%Milk 4oz Pears	1 pk Cheez-its 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
9/21-9/25	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Blueberry Muffin 8oz 1% Milk 4oz Applesauce	1pk Pretzels 6oz White Grape	1oz Kix 8oz 1%Milk 4oz Pears	1pk Ched Chex 6oz Apple Juice	1 Blueberry Muffin 8oz. 1%Milk 4oz Pineapples	1 pk Trad Sun Chips 6oz Apple Juice	1oz Trix 8oz 1%Milk 4oz Mixed Fruit	1pk Pretzels 6oz White Grape	1 Blueberry Muffin 8oz. 1%Milk 4oz Mandarin Oranges	1 pk Ritz Bits 6oz Grape
Dairy		1 pk Teddy Grahams 6oz Apple Juice								
Fruit/Veg.										
Other		HOLIDAY CARE								
9/28-9/30										
Grain	1oz Kix 8oz 1%Milk 4oz Pears	1pk SmtFood Popcorn 6oz Grape	1 Blueberry Muffin 8oz 1% Milk 4oz Pineapples	1 pkTeddy Grahams 6oz Apple Juice	1oz Trix 8oz 1%Milk 4oz Mixed Fruit					
Dairy										
Fruit/Veg.										
Other										