



Chef Chipper's Early Learners Lunch Program



This institution is an equal opportunity provider.
Approved by Barbara Myers, RD, LD/N

Breakfast

Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk

3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk

School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

* Please See CACFP Meal Pattern Charts



Monday	Tuesday	Wednesday	Thursday	Fun Friday
			1	2
	Menu Items Subject To Change Based On Availability Meal Changes Shall Be Written On The Posted Menu	<u>WG French Toast</u> <u>Sliced Apples</u>	<u>WG Corn Chex</u> <u>Mandarin Oranges</u>	<u>WG English Muffin w/Grape Jelly</u> <u>WG Mixed Fruit</u> 
5	6	7	8	9
<u>WG Banana Loaf or Muffin</u> <u>Diced Peaches</u> 	<u>WG Honey Cheerios</u> <u>Pineapple</u>	<u>WG Waffles</u> <u>Diced Peaches</u> 	<u>Yoplait Simply Go-GURT</u> <u>Mandarin Oranges</u>	<u>WG Bagel w/ Cream Cheese</u> <u>Mixed Fruit</u>
12	13	14	15	16
<u>WG Blueberry Loaf or Muffin</u> <u>Diced Peaches</u>	<u>WG Honey Cheerios</u> <u>Pineapple</u> 	<u>WG Pancakes</u> <u>Sliced Apples</u>	<u>WG Corn Chex</u> <u>Mandarin Oranges</u> 	<u>WG English Muffin w/Grape Jelly</u> <u>WG Mixed Fruit</u>
19	20	21	22	23
<u>WG Banana Loaf or Muffin</u> <u>Diced Peaches</u>	<u>WG Honey Cheerios</u> <u>Pineapple</u>	<u>WG French Toast</u> <u>Sliced Apples</u> 	<u>Yoplait Simply Go-GURT</u> <u>Mandarin Oranges</u>	<u>WG Bagel w/ Cream Cheese</u> <u>Mixed Fruit</u> 1% Milk Is Served At Breakfast Everyday Whole Milk Is Available For Students Age 1
26	27	28	29	30
<u>WG Blueberry Loaf or Muffin</u> <u>Diced Peaches</u> 	<u>WG Honey Cheerios</u> <u>Pineapple</u>	<u>WG Waffles</u> <u>Diced Peaches</u>	<u>WG Corn Chex</u> <u>Mandarin Oranges</u> 	<u>WG English Muffin w/Grape Jelly</u> <u>WG Mixed Fruit</u>



Chef Chipper's Early Learners Lunch Program



Lunch

Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk

3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk

School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

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* Please See CACFP Meal Pattern

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
	 Q: What Do Ghosts Eat For Dessert? ? ? A: I - Scream!!		1 Chicken Parm Pulled Chicken Breast WG Pasta Italian Mixed Veggie (Green Beans, Diced Red & Green Peppers) Oranges	2 Baked Mac & Cheese WG Pasta - 100% Cheddar (1-2 y/o 4oz per) (3-5 you 6oz per) Carrots Peaches
5 Tyson Chicken Nuggets (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Peas Pineapple	6  MaxxStix (2per) Tossed Salad Mixed Fruit	7 Santa Fe Pasta Bake WG Pasta - 100% Cheddar Ground Turkey - Shredded Cheddar Carrots Bananas	8 Mesquite BBQ Chicken & Rice WG Rice Corn Oranges	9 Tony's Deep Dish WG Pizza Tossed Salad Peaches
12 Tyson Boneless Chicken Bites (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Corn Peaches 	13 WG Chicken Empanadas Tossed Salad Mixed Fruit	14  Beef & Bean Chili 80/20 Ground Beef - White Beans 100% Cheddar -over WG Rice Corn Bananas	15 Sweet & Sour Chicken Pulled Chicken Breast WG Rice Oranges 	16 Open Faced Turkey Sandwich WG Pullman Bread Roasted Potatoes Peaches
19 Baked Ziti WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta (1-2 y/o 4oz per) (3-5 you 6oz per) Peaches Peas	20 Meatball Sandwich 100% Beef Meatballs (4 .5oz) WG Hot Dog Roll Tossed Salad Mixed Fruit	21 Chicken Burrito Bowls Pulled Chicken Breast WG Rice & Beans w/ 100% Cheddar Corn Bananas 1% Milk Is Served At Lunch Everyday Whole Milk Is Available For Students Age 1	22 Broccoli Chicken Alfredo Pulled Chicken Breast - Steamed Broccoli WG Pasta - Creamy Alfredo Sauce Green Beans Oranges	23 Tyson Chicken Nuggets (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) Tossed Salad Peaches
26 Roasted BBQ Chicken Bites (5 = 2oz M) (3 = 1oz M) WG Pullman Bread Peas Apple Slices Meal Changes Shall Be Written On The Posted Menu	27 Crispy Fish Filet WG Breadstick Mixed Vegetables Mixed Fruit Menu Items Subject To Change Based On Availability	28  Sloppy Joe (80/20 Ground Beef) WG Roll Green Beans Mixed Fruit	29 Mozzarella Baked WG Beefy Ravioli WG Cheese Ravioli - Mozzarella Cheese 80/20 Ground Beef Sauce Corn Oranges	30  Chicken Fajitas Pulled Chicken Breast WG Flour Tortillas Fajita Vegetable Mix Peaches



Chef Chipper's Early Learners Lunch Program



Vegetarian Lunch

Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk

3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk

School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

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OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
	 Q: What Do Ghosts Eat For Dessert? ? ? A: I - Scream!!		1 <u>Baked Ziti</u> WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta (1-2 y/o 4oz per) (3-5 you 6oz per) <u>Peaches</u> <u>Italian Mixed Veggie</u>	2 <u>Baked Mac & Cheese</u> WG Pasta - 100% Cheddar (1-2 y/o 4oz per) (3-5 you 6oz per) <u>Carrots</u> <u>Peaches</u> 
5	6	7	8	9
<u>Veggie Nuggets</u> (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) <u>Peas</u> <u>Pineapple</u>	 <u>MaxxStix (2per)</u> <u>Tossed Salad</u> <u>Mixed Fruit</u>	<u>Cheese Quesadillas</u> WG Flour Tortillas - 100% Cheddar <u>Carrots</u> <u>Bananas</u>	<u>Rice & Beans</u> WG Rice, Kidney Beans, Cheddar <u>Corn</u> <u>Oranges</u>	<u>Tony's Deep Dish WG Pizza</u> <u>Tossed Salad</u> <u>Peaches</u>
12	13	14	15	16
 <u>Veggie Nuggets</u> (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) <u>Corn</u> <u>Peaches</u>	<u>WG Mozzarella Calzone</u> <u>Tossed Salad</u> <u>Mixed Fruit</u>	 <u>Cheese Quesadillas</u> WG Flour Tortillas - 100% Cheddar <u>Corn</u> <u>Bananas</u>	 <u>Baked Mac & Cheese</u> WG Pasta - 100% Cheddar (1-2 y/o 4oz per) (3-5 you 6oz per) <u>Peas</u> <u>Oranges</u>	<u>Grilled Cheese</u> WG Pullman Bread - 100% Cheddar <u>Roasted Potatoes</u> <u>Peaches</u>
19	20	21	22	23
<u>Baked Ziti</u> WG Penne Pasta—100% Cheddar Tomato Sauce - Mozzarella - Ricotta (1-2 y/o 4oz per) (3-5 you 6oz per) <u>Peaches</u> <u>Peas</u>	<u>MaxxStixx (2per)</u> <u>Tossed Salad</u> <u>Mixed Fruit</u>	<u>Cheese Quesadillas</u> WG Flour Tortillas 100% Cheddar <u>Corn</u> <u>Bananas</u> <u>1% Milk</u> Is Served At Lunch Everyday. Whole Milk Is Available For Students Age 1	<u>Broccoli Chicken Alfredo</u> Pulled Chicken Breast - Steamed Broccoli WG Pasta - Creamy Alfredo Sauce <u>Green Beans</u> <u>Oranges</u>	<u>Veggie Nuggets</u> (5 = 2oz M 1.5oz G) (3 = 1oz M .5oz G) <u>Tossed Salad</u> <u>Peaches</u>
26	27	28	29	30
 <u>Roasted BBQ Chicken Bites</u> (5 = 2oz M) (3 = 1oz M) <u>WG Pullman Bread</u> <u>Peas</u> <u>Apple Slices</u> <u>Meal Changes Shall Be</u> <u>Written On The Posted Menu</u>	<u>WG Mozzarella Calzone</u> <u>Mixed Vegetables</u> <u>Mixed Fruit</u> <u>Menu Items Subject To Change</u> <u>Based On Availability</u>	 <u>Cheese Quesadillas</u> WG Flour Tortillas 100% Cheddar <u>Green Beans</u> <u>Mixed Fruit</u>	<u>Mozzarella Baked WG Ravioli</u> WG Cheese Ravioli - Mozzarella Cheese <u>Corn</u> <u>Oranges</u>	<u>Rice & Beans</u> WG Rice, Kidney Beans, Cheddar <u>Fajita Vegetable Mix</u> <u>Peaches</u> 



Chef Chipper's Food Service Program



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PM Snack

Serving sizes as follows:

1-2 year olds - m/ma 1oz, fruit 1/4c, veg 1/4 c, grain 1/2oz, 4oz Plain Whole Milk

3-5 year olds - m/ma 1.5oz, fruit 1/4c, veg 1/4c, grain 1/2oz, 6oz Plain 1% Milk

School Age - m/ma 2oz, fruit 1/2c, veg 1/2c, grain, 1oz, 8oz Plain 1% Milk

* Please See CACFP Meal Pattern Charts



Monday	Tuesday	Wednesday	Thursday	Fun Friday
	1	2	3	4
	<u>Cheese Cubes</u> <u>WG Goldfish</u>	<u>WG Apple Cinnamon Loaf</u> <u>Apple Slices</u> 	<u>WG Animal Crackers</u> <u>Yoplait Simply Go-GURT</u>	<u>Cheddar Cheese Stick</u> <u>Mixed Fruit</u> 
7	8	9	10	11
<u>WG Scoobie Grahams</u> <u>Raisins **</u>	<u>Cheese Cubes</u> <u>WG Cheese Itz</u> 	<u>WG Sun Chips</u> <u>Sliced Cucumber</u>	<u>Mozzarella String Cheese</u> <u>Apple Slices</u> 	<u>WG Vanilla Bears</u> <u>Mixed Fruit</u> Menu Items Subject To Change Based On Availability
14	15	16	17	18
<u>WG Grain Crackers</u> <u>Dried Cranberries **</u> 	<u>Cheese Cubes</u> <u>WG Goldfish</u>	<u>WG Corn Bread</u> <u>Apple Slices</u>	<u>WG Animal Crackers</u> <u>Yoplait Simply Go-GURT</u>	<u>Cheddar Cheese Stick</u> <u>Mixed Fruit</u>
21	22	23	24	25
<u>WG Scoobie Grahams</u> <u>Raisins **</u> Dried Fruit is credited at twice it served volume under USDA CACFP Meal Patterns 1/2 Cup of Dried fruit = 1/4 cup of fruit	<u>Cheese Cubes</u> <u>WG Cheese Itz</u>	<u>WG Sun Chips</u> <u>Sliced Cucumber</u> 	<u>Mozzarella String Cheese</u> <u>Apple Slices</u> Meal Changes Shall Be Written On The Posted Menu	<u>WG Vanilla Bears</u> <u>Mixed Fruit</u>
28	29	30		
<u>WG Grain Crackers</u> <u>Dried Cranberries **</u> **Substitutions available for infants	<u>Cheese Cubes</u> <u>WG Goldfish</u> 	<u>WG Apple Cinnamon Loaf</u> <u>Apple Slices</u>	<u>WG Animal Crackers</u> <u>Yoplait Simply Go-GURT</u>	<u>Cheddar Cheese Stick</u> <u>Mixed Fruit</u> 

QUAKERTOWN LIFESPAN SCHOOL AGE

OCTOBER SNACK MENU 2026

	Monday		Tuesday		Wednesday		Thursday		Friday	
10/1-10/2							BREAKFAST	PM	BREAKFAST	PM
Grain							Cinna Toast Crunch 8oz 1%Milk 4oz Mixed Fruit	1 pk Cheez Its 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Pears	1 pk Animal Crackers 6oz Milk
Dairy										
Fruit/Veg.										
Other										
10/5-10/9	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Muffin 8 oz 1% Milk 4oz Applesauce	1pk Traditional Sun Chips 6oz Apple Juice	1pk Cocoa Puffs 8oz 1%Milk, 4oz Pineapples	1 pk Ched Chex 6oz Apple Juice	1 Muffin 8oz 1%Milk 4oz Pears	1pk White Ched Popcorn 6oz Apple	1oz Trix 8 oz 1% Milk 4oz Mixed Fruit	1 pk Ritz Bits Cheese Crackers 6oz Apple Juice	NutriGrain Bar, Yogurt 8 oz 1% Milk 4oz Applesauce	1pk Teddy Grahams 6oz Apple
Dairy										
Fruit/Veg.										
Other										
10/12-10/16	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Cheerios 8 oz 1% Milk 4oz Mixed Fruit	Garden Salsa Sun Chips 6oz Apple Juice	NutriGrain Bar Yogurt 8oz 1%Milk 4oz Pineapples	1 pk Pretzel Goldfish 1 Cheesestick 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Applesauce	1 pk Cheez Its 6oz Apple Juice	1pk Kix 8oz 1%Milk, 4oz zMixed Fruit	1 pk Goldfish 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Applesauce	1 pk Traditional Chex 6oz Apple Juice
Dairy		1pk Vanilla Chat Snax 6oz Apple Juice								
Fruit/Veg.										
Other	HOLIDAY CARE	HOLIDAY CARE								
10/10-10/23	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Cinna Toast Crunch 8oz 1%Milk 4oz Applesauce	1 pk White Ched Popcorn 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Mixed Fruit	1 pk Garden Salsa Chips 6oz Apple Juice	1oz Kix 8oz 1%Milk 4oz Pineapples	1pk Traditional Sun Chips 6oz White Grape	1 NutriGrain Bar Yogurt 8 oz 1% Milk 4oz Applesauce	1 pk Pretzels, 1 Cheesestick 6oz Apple Juice	1pk Cocoa Puffs 8oz 1%Milk, 4oz Mixed Fruit	1 pk Goldfish 6oz White Grape Juice
Dairy										
Fruit/Veg.										
Other										
10/26-10/30	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Muffin 8 oz 1% Milk 4oz Pineapples	1pk Animal Crackers 6oz Apple Juice	1oz Trix 8oz 1%Milk 4oz Applesauce	1 pk Cheez Its 6oz Apple Juice	1pk Cheerios 8oz 1%Milk 4oz Mixed Fruit	1pk Vanilla Chat Snax 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Applesauce	1 pk Ched Chex 6oz Apple Juice	1 NutriGrain Bar Yogurt 8 oz 1% Milk 4oz Pineapples	1pk Traditional Sun Chips 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										

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