

Chef Chipper's Early Learners Lunch Program

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

AM Snack

Serving sizes are 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



1% Milk Is Served At AM Snack Everyday.
Whole Milk Is Available For Students Under Age 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Blueberry Loaf or Muffin	3 WG Honey Cherrios 	4 WG Waffles 	5  WG Corn Chex	6 WG English Muffin w/ Grape Jelly
9 WG Banana Loaf or Muffin 	10 WG Honey Cherrios 	11 WG Pancakes 	12 Yoplait Simply Go-Gurt 	13 WG Bagel w/ Cream Cheese
16 WG Blueberry Loaf or Muffin 	17 WG Honey Cherrios 	18 WG Waffles	19 WG Corn Chex 	20 WG English Muffin w/ Grape Jelly
23 WG Banana Loaf or Muffin	24 WG Honey Cherrios 	25 WG Pancakes	26 We Are THANKFUL For You! 	27 WG Bagel w/ Cream Cheese
30 WG Blueberry Loaf or Muffin	Q: Why was The Turkey arrested?? A: Fowl Play! Chef Chipper ChefChipper.com 	Meal Changes Will Be Written On The Posted Menu Menu Items Subject To Change Based On Availability		CACFP Child & Adult Care Food Program



Chef Chipper's Early Learners Lunch Program

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PM Snack

Serving sizes are 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



1% Milk Is Served At PM Snack Everyday.
Whole Milk Is Available For Students Under Age 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Graham Crackers Dried Cranberries** 	3 WG Goldfish Mozzarella String Cheese 	4 WG Apple Cinnamon Loaf Baby Carrots	5 WG Animal Crackers Yoplait Simply Go-GURT	6 Cheddar Cheese Stick Mixed Fruit 
9 WG Scoobie Grahams Raisins** **Substitutions Available for Infants	10 WG Sunchips Mozzarella String Cheese	11 WG CheezeIts Sliced Cucumbers 	12 WG Vanilla Bears Apple Slices	13 WG Vanilla Bears Mixed Fruit
16 WG Graham Crackers Dried Cranberries** Dried Fruit is Credited at Twice its' Volume Under USDA CACFP Meal Pattern	17 WG Goldfish Mozzarella String Cheese	18 WG Apple Cinnamon Loaf Baby Carrots	19 WG Animal Crackers Yoplait Simply Go-GURT 	20 Cheddar Cheese Stick Mixed Fruit
23 WG Scoobie Grahams Raisins** 1/2 Cup of Dried Fruit = ¼ Cup of Fruit	24 WG Sunchips Mozzarella String Cheese Stix 	25 WG CheezeIts Sliced Cucumbers 	26 We Are THANKFUL For You! 	27 WG Vanilla Bears Mixed Frui
30 WG Graham Crackers Dried Cranberries**	Chef Chipper ChefChipper.com	Meal Changes Will Be Written On The Posted Menu Menu Items Subject To Change Based On Availability	Happy Thanksgiving	CACFP Child & Adult Care Food Program

QUAKERTOWN LIFESPAN SCHOOL AGE
NOVEMBER SNACK MENU 2026

	Monday		Tuesday		Wednesday		Thursday		Friday	
11/2-11/6	**BREAKFAST**	**PM**	**BREAKFAST**	**AM/PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**
Grain	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1 pk Garden Salsa Sunchips 6oz Apple Juice	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Pretzels 1 Cheese stick 6oz Apple Juice	1oz Cereal 8oz 1% Milk 4oz Pineapples	1 pk Teddy Grahams 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Peaches	1pk Trad Chex 6oz Apple Juice	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Cheez-Its 6oz Apple Juice
Dairy				1 pk Goldfish Crackers 6oz Apple Juice						
Fruit/Veg.										
Other				**Holiday Care**						
11/9-11/13	**BREAKFAST**	**AM/PM**	**BREAKFAST**	**AM/PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**
Grain	1oz Cereal 8oz 1% Milk 4oz Mandarin Oranges	1 pk Popcorn 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1 pk Sun Chips 6oz Apple Juice	1oz Cereal 8oz 1% Milk 4oz Applesauce	1 pk Trad Chex 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Peaches	1 pk Pretzels 1 Cheese stick 6oz Apple Juice	1oz Cereal 8oz 1% Milk 4oz Pineapples	1 pk Goldfish Crackers 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
11/16-11/20	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**
Grain	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Ritz Bits 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mango Fruit	1 pk Teddy Grahams 6oz Milk	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Ched Goldfish 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mandarin Oranges	1 pk Pretzels 1 Cheese stick 6oz Apple Juice	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Trad Chex 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
11/23-11/27	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**
Grain	1oz Cereal 8oz 1% Milk 4oz Applesauce	1 pk Ranch Fantastix 6oz Apple Juice	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Ched Sun Chips 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1 pk Cheez-Its 6oz White Grape	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**
Dairy						1 pk Ched Goldfish 6oz Apple Juice				
Fruit/Veg.				**1/2 DAY QCSD HOLIDAY CARE**						
Other						**HOLIDAY CARE**				

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

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