Chef Chipper's Food Service Service Program

AAA Catering

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

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
CACFP Child & Adult Care Food Program	Cheese Cubes WG Goldfish	WG Apple Cinnamon Loaf Apple Slices	WG Animal Crackers Yoplait Simply Go-GURT	Cheddar Cheese Stick Mixed Fruit
7	8	9	10	11
WG Scoobie Grahams Raisins **	Cheese Cubes WG Cheese Itz	WG Sun Chips Sliced Cucumber	Mozzarella String Cheese Apple Slices	WG Vanilla Bears Mixed Fruit Menu Items Subject To Change Based On Availability
14	15	16	17	18
WG Grain Crackers Dried Cranberries **	Cheese Cubes WG Goldfish	WG Corn Bread Apple Slices	WG Animal Crackers Yoplait Simply Go-GURT	Cheddar Cheese Stick Mixed Fruit
21	22	23	24	25
WG Scoobie Grahams Raisins ** 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	Cheese Cubes WG Cheese Itz	WG Sun Chips Sliced Cucumber	Mozzarella String Cheese Apple Slices Meal Changes Shall Be Written On The Posted Menu	WG Vanilla Bears Mixed Fruit
28	29	30		
WG Grain Crackers Dried Cranberries ** **Substitutions available for infants	Cheese Cubes WG Goldfish	WG Apple Cinnamon Loaf Apple Slices	WG Animal Crackers Yoplait Simply Go-GURT	Cheddar Cheese Stick Mixed Fruit

QUAKERTOWN LIFESPAN SCHOOL AGE
OCTOBER SNACK MENU 2026

	Monday		Tuesday		Wednesday		Thursday		Friday	
10/1-10/2							BREAKFAST	PM	BREAKFAST	PM
Grain Dairy Fruit/Veg. Other							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
10/5-10/9	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain Dairy Fruit/Veg. Other	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 Popcorm 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
10/12-10/16	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain Dairy Fruit/Veg. Other	1oz Cheerios 8 oz 1% Milk 4oz Mixed Fruit HOLIDAY CARE	Garden Salsa Sun Chips 6oz Apple Juice 1pk Vanilla Chat Snax 6oz Apple Juice HOLIDAY CARE	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, 4o zMixed Fruit	1 pk Goldfish 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Applesauce	1 pk Traditional Chex 6oz Apple Juice
10/10-10/23	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain Dairy Fruit/Veg. Other	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
10/26-10/30	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain Dairy Fruit/Veg. Other	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

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