

LifeSpan Summer Camp Snack Menu

August 2017

	Monday		Tuesday		Wednesday		Thursday		Friday	
			1 AM	1 PM	2 AM	2 PM	3 AM	3 PM	4 AM	4 PM
Grain			1 Ritz Bitz package	14 Tortilla Chips	2 Strawberry Waffers	9 Animal Crackers	20 Gold Fish	10 Pretzels	1 Apple Cereal Bar	
Dairy				8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk
Fruit/Veg.			6 oz Grape Juice		6 oz. Apple Juice		6 oz. Fruit Punch		6 oz Orange Juice Blend	4 oz Mixed Fruit
Other										1 Cheese Stick
	7 AM	7 PM	8 AM	8 PM	9 AM	9 PM	10 AM	10 PM	11 AM	11 PM
Grain	2 Apple Waffers	1 Ritz Bitz package		4 Graham Crackers	20 Goldfish Crackers		1 Strawberry Cereal Bar	9 Animal Crackers	10 Pretzels	20 Gold Fish
Dairy		8 oz 1% milk	4 oz Yogurt			8 oz 1% milk		8 oz 1% milk		8 oz 1% milk
Fruit/Veg.	6 oz Apple Juice		6 oz Orange Juice Blend	8 oz 1% milk	6 oz Fruit Punch	4 oz Mixed Fruit	6 oz Grape Juice		6 oz Apple Juice	
Other			1 Cheese Stick			1 Cheese Stick				
	14 AM	14 PM	15 AM	15 PM	16 AM	16 PM	17 AM	17 PM	18 AM	18 PM
Grain	20 Goldfish	2 Strawberry Waffers		1 Ritz Bitz package	9 Animal Crackers		1 Apple Cereal Bar	10 Pretzels	4 Gramh Crackers	
Dairy		8 oz. 1% Milk	4 oz Yogurt	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk
Fruit/Veg.	6 oz Orange Juice Blend		6 oz Fruit Punch		6 oz Apple Juice	4 oz Mixed Fruit	6 oz Grape Juice		6 oz Apple Juice	1 c. Mandarin Oranges
Other			1 Cheese Stick			1 Cheese Stick				
	21 AM	21 PM	22 AM	22 PM	23 AM	23 PM	24 AM	24 PM	25 AM	25 PM
Grain	2 Apple Waffers	1 Ritz Bitz package	10 Pretzels	4 Graham Crackers			14 Tortilla Chips	9 Animal Crackers	1 Ritz Bitz package	20 Gold Fish
Dairy		8 oz 1% milk		8 oz 1% milk	4 oz Yogurt	8 oz 1% milk		8 oz 1% milk		8 oz 1% milk
Fruit/Veg.	6 oz Apple Juice		6 oz Fruit Punch		6 oz Grape Juice	4 oz Mixed Fruit	6 oz Apple Juice		6 oz Fruit Punch	
Other					1 Cheese Stick					

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

This institution is an equal opportunity provider.