LifeSpan School-Age Menu July 2014

Monday		Tuesday		Wednesday		Thursday		Friday	
30 **AM** **BEACH BASH** Cereal Bar Milk Grape Juice _____ Gold Fish Fruit Punch	30 **PM** Pretzels Apple Juice	***July -1 AM** French Toast Sticks Milk Apple Juice _____ Wheat Thins Grape Juice	1 **PM** Crackers Sun Butter Fruit Punch	2 **AM** Muffin Milk Grape Juice _____ Fresh Fruit Apple Juice	2 **PM** Ritz Bitz Grape Juice	3 **AM** Pancakes Milk Apple Juice _____ Apple Sauce Fruit Punch	3 **PM** Yogurt Fruit Punch ***Philadelphia Zoo**	4 **AM** **CLOSED** **Happy 4th of July**	4 **PM** **CLOSED** **Happy 4th of July**
7 **AM** **NEED FOR SPEED** Yogurt Milk Apple Juice _____ Pretzels Grape Juice	7 **PM** Teddy Grams Grape Juice	8 **AM** Waffles Milk Grape Juice _____ Crackers Sun Butter Fruit Punch	8 **PM** Animal Crackers Apple Juice	9 **AM** Cereal Milk Apple Juice _____ Ritz Bitz Grape Juice	9 **PM** Graham Crackers Fruit Punch	10 **AM** Bagel Cream Cheese Milk Grape Juice _____ Cereal Bar Fruit Punch	10 **PM** Pretzels Fruit Punch ***Ozzy's Fun Sport**	11 **AM** Cereal Bar Milk Apple Juice _____ Fresh Fruit Grape Juice	11 **PM** Nilla Wafers Fruit Punch
14 **AM** **SPORTS SPECTACULAR** Cereal Milk Grape Juice _____ Teddy Grams Apple Juice	14 **PM** Gold Fish Fruit Punch	15 **AM** Pancakes Milk Apple Juice _____ Animal Crackers Grape Juice	15 **PM** Wheat Thins Fruit Punch	16 **AM** Cereal Bar Milk Grape Juice _____ Graham Crackers Fruit Punch	16 **PM** Fresh Fruit Apple Juice	17 **AM** French Toast Sticks Milk Apple Juice _____ Pretzels Fruit Punch	17 **PM** Gold Fish Grape Juice ***Ice Cream Lab**	18 **AM** Yogurt Milk Grape Juice _____ Nilla Wafers Apple Juice	18 **PM** Ritz Bitz Fruit Punch
21 **AM** **INVENTOR'S WORKSHOP** Cereal Bar Milk Apple Juice _____ Crackers Sun Butter Apple Juice	21 **PM** Crackers Sun Butter Grape Juice	22 **AM** Bagel Cream Cheese Milk Grape Juice _____ Pretzels Fruit Punch	22 **PM** Pretzels Apple Juice	23 **AM** Muffin Milk Apple Juice _____ Nilla Wafers Apple Juice	23 **PM** Nilla Wafers Grape Juice	24 **AM** Waffles Milk Grape Juice _____ Cereal Bar Apple Juice	24 **PM** Cereal Bar Fruit Punch ***Kids Castle**	25 **AM** Cereal Milk Apple Juice _____ Graham Crackers Fruit Punch	25 **Pm** Graham Crackers Grape Juice
28 **AM** **BODIES IN MOTION** Yogurt Milk Grape Juice _____ Gold Fish Fruit Punch	28 **PM** Pretzels Fruit Punch	**29 AM** French Toast Sticks Milk Apple Juice _____ Wheat Thins Grape Juice	29 **PM** Crackers Sun Butter Fruit Punch	30 **AM** Cereal Milk Grape Juice _____ Fresh Fruit Apple Juice	30 **PM** Ritz Bitz Fruit Punch Juice	31 **AM** Pancakes Milk Apple Juice _____ Fresh Fruit Grape Juice	31 **PM** Yogurt Fruit Punch ***Reading Museum**	1 **AM** Cereal Bar Milk Grape Juice _____ Ritz Bitz Grape Juice	1 **PM** Fresh Fruit 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