

## LifeSpan School-Age Menu

May 2017

	Monday		Tuesday		Wednesday		Thursday		Friday	
	May 1 AM	May 2 PM	May 2 AM	May 2 PM	May 3 AM	May 3 PM	May 4 AM	May 4 PM	May 5 AM	May 5 PM
Grain	1 English Muffin	1 Ritz Bitz package	1 Muffin		1 Apple Breakfast Bar	8 Wheat Thins	2 Waffles	10 Pretzels	3/4. cereal (Rains Bran)	7 Vanilla Wafers
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk	8 oz. 1% Milk		8 oz. 1% Milk	8 oz. 1% Milk
Fruit/Veg.	3/4 c. Apple Sauce	6 oz. Fruit Punch	3/4 c. Apple Sauce	1 c. Mandarin Oranges	1 c. Mixed Fruit Cup		3/4 c. apple Sauce	6 oz. Apple Juice	6 oz. Apple Juice	
Other	2 tbsp. Jelly			1 Cheese Stick			2 Tbsp. Syrup			
	May 8 AM	May 8 PM	May 9 AM	May 9 PM	May 10 AM	May 10 PM	May 11 AM	May 11 PM	May 12 AM	May 12 PM
Grain	1 Strawberry Brakfast Bar	1 Ritz Bitz package	1 Bagel	1 Strawberry Graham Crackers	1 Muffin	8 Crackers	4 French Toast Stick	9 Animal Crackers	1 Apple Breakfast bar	20 Gold Fish
Dairy	8 oz. 1% Milk	6 oz. Fruit Punch	8 oz. 1% Milk	1 Cheese Stick	8 oz. 1% Milk	1 c. Yogurt	8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	3/4 c. Apple Sauce		1 c. Mixed Fruit Cup	6 oz. Apple Juice	3/4 c. Apple Sauce	6 oz. White Grape Juice	1 c. Mixed Fruit Cup	6 oz. Apple Juice	1 c. Mixed Fruit Cup	6 oz. White Grape Juice
Other			2 tbsp. Cream Cheese				2 tbsp Syrup			
	May 15 AM	May 15 PM	May 16 AM	May 16 PM	May 17 AM	May 17 PM	May 18 AM	May 18 PM	May 19 AM	May 19 PM
Grain	3/4 c. Cereal (CTC)	1 Ritz Bitz package	3/4 cup cereal (CTC)	AM Snack-10 Pretzels PM Snack- 20 Goldfish	1 Muffin	8 Wheat Thins	1 English Muffin	10 Pretzels	1 Apple Breakfast bar	1 Strawberry Graham Cracker
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	AM- 8 oz. 1% Milk	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	6 oz. Fruit Punch
Fruit/Veg.	6 oz. Orange Juice	6 oz. Fruit Punch	1 c. Mandarin Oranges	PM- 8oz Apple Juice	1 c. Mixed Fruit Cup	6 oz. Apple Juice	3/4 c. Apple Sauce	6 oz. Apple Juice	3/4 c. Apple Sauce	
Other			2 tbsp. Syrup				2 tbsp. Jelly			1 Cheese Stick
	May 22 AM	May 22 PM	May 23 AM	May 23 PM	May 24 AM	May 24 PM	May 25 AM	May 25 PM	May 26 AM	May 26 PM
Grain	1 Muffin	1 Ritz Bitz package	4 French Toast Sticks	4 Graham Crackers	1 Apple Granola Bar	8 Crackers	2 Pancakes	9 Animal Crackers	3/4 c. Cereal (Fr. Flakes)	20 Gold Fish
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	1 Cheese Stick	8 oz. 1% Milk	1 Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	3/4 c. Apple Sauce	6 oz. Apple Juice	1 c. Madarine Oranges	6 oz. Apple Juice	3/4 c. Apple Sauce	6 oz. Apple Jucie	1 c. Madarine Oranges	6 oz. Fruit Punch	6 oz. Apple Juice	6 oz. Fruit Punch
Other			2 tbsp. Syrup				2 tbsp Syrup			
	May 29 AM	May 29 PM	May 30 AM	May 30 PM	May 31 AM	May 31 PM				
Grain	3/4 c. Cereal (CTC)	1 Ritz Bitz package	2 Waffles	8 Wheat Thins	1 Strawberry Granola Bar	10 Pretzels				
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk					
Fruit/Veg.	6 oz. Orange Juice	6 oz. White Grape Juice	1 c. Mandarin Oranges	6 oz. Apple Juice	3/4 c. Apple Sauce	6 oz. White Grape Juice				
Other			2 tbsp. Syrup							

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.*