

LifeSpan School-Age Menu

November 2017

	Monday		Tuesday		Wednesday		Thursday		Friday	
					Nov. 1 AM	Nov. 1 PM	Nov. 2 AM	Nov. 2 PM	Nov. 3 AM	Nov. 3 PM
Grain					1 Corn Muffin		3 French Toast Sticks	8 Wheat Thins	1 oz Cereal- Rice Crispies	1 Pk Goldfish
Dairy					8 oz. 1% Milk	6 oz. Fruit Punch	8 oz. 1% Milk		8 oz. 1% Milk	AM- 8 oz. 1% Milk
Fruit/Veg.					3/4 c. Apple Sauce	1 c. Mandarin Oranges	1 c. Mixed Fruit	6 oz. Apple Juice	3/4 c. Apple Sauce	PM- 8oz Apple Juice
Other						1 Cheese Stick				
	Nov. 6 AM	Nov. 6 PM	Nov. 7 AM	Nov. 7 PM	Nov. 8 AM	Nov. 8 PM	Nov. 9 AM	Nov. 9 PM	Nov. 10 AM	Nov. 10 PM
			Holiday Care	Holiday Care						
Grain	1 oz Cereal- Rice Crispies	14 Tortilla Chips	1 Bagel	AM- 1 pack Goldfish PM- 4 Graham Crackers	1 Blueberry Muffin	8 Wheat Thins	3 French Toast Stick	1 pack Animal Crackers	1 oz Cereal- Corn Flakes	1 pack Gold Fish
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	AM- 18oz 1% Milk	8 oz. 1% Milk	1 c. Yogurt	8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	3/4 c. Apple Sauce	6 oz. Apple Juice	1 c. Mixed Fruit Cup	PM- 6 oz. Apple Juice	3/4 c. Apple Sauce	6 oz. White Grape Juice	1 c. Madarine Oranges	6 oz. Apple Juice	1 c. Mixed Fruit	6 oz. White Grape Juice
Other			2 tbsp. Cream Cheese				2 tbsp Syrup			
	Nov. 13 AM	Nov. 13 PM	Nov. 14 AM	Nov. 14 PM	Nov. 15 AM	Nov. 15 PM	Nov. 16 AM	Nov. 16 PM	Nov. 17 AM	Nov. 17 PM
Grain	1 oz Cereal- Corn Flakes	1 pack Animal Crackers	2 Waffles	14 Tortilla Chips	1 Corn Muffin	8 Wheat Thins	1 oz Cereal- Rice Crispies	10 Pretzels	3 French Toast Sticks	
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	1 Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk	6 oz. Fruit Punch
Fruit/Veg.	1 c. Mixed Fruit	6 oz. Fruit Punch	1 c. Mandarin Oranges	6 oz White Grape Juice	1 c. Mixed Fruit Cup	6 oz. Apple Juice	3/4 c. Apple Sauce	6 oz. Apple Juice	3/4 c. Apple Sauce	1 c. Mandarin Oranges
Other			2 tbsp. Syrup							1 Cheese Stick
	Nov. 20 AM	Nov. 20 PM	Nov. 21 AM	Nov. 21 PM	Nov. 22 AM	Nov. 22 PM	Nov. 23 AM	Nov. 23 PM	Nov. 24 AM	Nov. 24 PM
					Holiday Care	Holiday Care			Holiday Care	Holiday Care
Grain	1 Corn Muffin	14 Tortilla Chips	3 French Toast Sticks	4 Graham Crackers	1 oz Cereal- Corn Flakes	AM- 8 Wheat Thins PM- 14 Tortilla Chips	CLOSED	CLOSED	1 oz Cereal- Rice Crispies	AM- 1 pack Goldfish PM- 4 Graham Crackers
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	1 Cheese Stick	8 oz. 1% Milk	PM- 8oz 1% Milk			8 oz. 1% Milk	AM- 8oz 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	AM- 6 oz. Apple Jucie			3/4 c. Apple Sauce	PM- 6 oz. Apple Juice
Other			2 tbsp. Syrup							
	Nov. 27 AM	Nov. 27 PM	Nov. 28 AM	Nov. 28 PM	Nov. 29 AM	Nov. 29 PM	Nov. 30 AM	Nov. 30 PM		
	Holiday Care	Holiday Care								
Grain	1 oz Cereal- Rice Crispies	AM- 14 Tortilla Chips PM- 1 Pk Goldfish	3 Waffle Sticks	8 Wheat Thins	1 Corn Muffin	1 pack Animal Crackers	1 oz Cereal- Corn Flakes	10 Pretzels		
Dairy	8 oz. 1% Milk	AM- 8oz 1% Milk	8 oz. 1% Milk	1 Cheese Stick	8 oz. 1% Milk	6 oz. Fruit Punch	8 oz. 1% Milk			
Fruit/Veg.	3/4 c. Apple Sauce	PM- 6 oz White Grape Juice	1 c. Mandarin Oranges	6 oz. Apple Juice	1 c. Mixed Fruit Cup		1 c. Mixed Fruit	6 oz. Apple 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.