

LifeSpan School-Age Menu										
October 2017										
	Monday		Tuesday		Wednesday		Thursday		Friday	
	Oct. 2 AM	Oct 2 PM	Oct. 3 AM	Oct 3 PM	Oct. 4 AM	Oct 4 PM	Oct. 5 AM	Oct 5 PM	Oct. 6 AM	Oct 6 PM
Grain	2 Waffle Sticks	14 Tortilla Chips	1 oz Cereal-Corn Flakes	10 Pretzels	1 Apple Breakfast bar		4 French Toast Sticks	8 Wheat Thins	1 oz Cereal-Rice Crispies	AM-7 Vanilla Wafers PM-20 Goldfish
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	6 oz. Fruit Punch	8 oz. 1% Milk		8 oz. 1% Milk	AM- 8 oz. 1% Milk
Fruit/Veg.	1 c. Mandarin Oranges	6 oz White Grape Juice	1 c. Mixed Fruit	6 oz. Apple Juice	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	2 tbsp. Syrup					1 Cheese Stick				
	Oct 9 AM	Oct 9 PM	Oct 10 AM	Oct 10 PM	Oct 11 AM	Oct 11 PM	Oct 12 AM	Oct 12 PM	Oct 13 AM	Oct 13 PM
Grain	1 oz Cereal-Rice Crispies	14 Tortilla Chips	1 Bagel	4 Graham Crackers	1 Strawberry Breakfast bar	8 Wheat Thins	4 French Toast Stick	9 Animal Crackers	1 oz Cereal-Corn Flakes	20 Gold Fish
Dairy	8 oz. 1% Milk		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	6 oz. Apple Juice	1 c. Mixed Fruit Cup	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			
	Oct. 16 AM	Oct 16 PM	Oct. 17 AM	Oct 17 PM	Oct. 18 AM	Oct 18 PM	Oct. 19 AM	Oct 19 PM	Oct. 20 AM	Oct 20 PM
Grain	1 oz Cereal-Corn Flakes	9 Animal Crackers	2 Waffles	14 Tortilla Chips	1 Muffin	8 Wheat Thins	1 oz Cereal-Rice Crispies	10 Pretzels	4 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
	Oct 23 AM	Oct 23 PM	Oct 24 AM	Oct 24 PM	Oct 25 AM	Oct 25 PM	Oct 26 AM	Oct 26 PM	Oct 27 AM	Oct 27 PM
Grain	1 Muffin	14 Tortilla Chips	4 French Toast Sticks	4 Graham Crackers	1 Apple Breakfast bar	8 Crackers	2 Pancakes	9 Animal Crackers	1 oz Cereal-Rice Crispies	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 Juice	1 cup Mixed Fruit Cup	6 oz. Apple Juice	3/4 c. Apple Sauce	6 oz. Fruit Punch
Other			2 tbsp. Syrup							
	Oct. 30 AM	Oct 30 PM	Oct. 31 AM	Oct 31 PM						
Grain	1 oz Cereal-Rice Crispies	14 Tortilla Chips	2 Waffle Sticks	8 Wheat Thins						
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	1 Cheese Stick						
Fruit/Veg.	3/4 c. Apple Sauce	6 oz White Grape Juice	1 c. Mandarin Oranges	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.*