

## LifeSpan School-Age Menu

January 2018

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Jan. 1 AM	Jan 1 PM	Jan. 2 AM	Jan 2 PM	Jan. 3 AM	Jan 3 PM	Jan. 4 AM	Jan 4 PM	Jan. 5 AM	Jan 5 PM
Grain	CLOSED	CLOSED	3 French Toast Sticks	8 Wheat Thins	1 oz Cereal- Alpha Bits	1 pk. Chex Mix	1 Orange Muffin	10 Pretzels	1 oz Cereal- Rice Crispies	1 Pk Goldfish
Dairy			8 oz. 1% Milk	4 Cheese Cubes	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	AM- 8 oz. 1% Milk
Fruit/Veg.			3/4 c. Apple Sauce	6 oz. Apple Juice	1 c. Mixed Fruit	6 oz White Grape Juice	3/4 cup applesauce	6 oz. Apple Juice	3/4 c. Apple Sauce	PM- 8oz Apple Juice
Other			2 Tbs syrup							
	Jan 8 AM	Jan 8 PM	Jan 9 AM	Jan 9 PM	Jan 10 AM	Jan 10 PM	Jan 11 AM	Jan 11 PM	Jan 12 AM	Jan 12 PM
Grain	1 oz Cereal- Rice Crispies	1 pk Cheddar Rice Cakes	1 blueberry muffin	1 pack Animal Crackers	3 French Toast Stick	8 Wheat Thins	1 Orange Muffin	1 pk. Chex Mix	1 oz Cereal- Alpha Bits	1 pack Gold Fish
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	4 Cheese Cubes	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	1 c. Madarine Oranges	6 oz. White Grape Juice	3/4 c. Apple Sauce	6 oz. Apple Juice	1 c. Mixed Fruit	6 oz. White Grape Juice
Other					2 tbsp Syrup		2 tbsp. Cream Cheese			
	Jan. 15 AM	Jan 15 PM	Jan. 16 AM	Jan 16 PM	Jan. 17 AM	Jan 17 PM	Jan. 18 AM	Jan 18 PM	Jan. 19 AM	Jan 19 PM
Grain	1 oz Cereal- Alpha Bits	1 pack Animal Crackers	3 French Toast Sticks	1 pk. Chex Mix	1 Corn Muffin	8 Wheat Thins	1 oz Cereal- Rice Crispies	10 Pretzels	1 Blueberry muffin	AM- 1 pk. Cheddar Rice Cakes
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	4 Cheese Cubes	8 oz. 1% Milk		8 oz. 1% Milk	PM- 6 oz. Fruit Punch
Fruit/Veg.	1 c. Mixed Fruit	6 oz. Fruit Punch	3/4 c. Apple Sauce	6 oz White Grape Juice	1 c. Mixed Fruit Cup	6 oz. Apple Juice	3/4 c. Apple Sauce	6 oz. Apple Juice	1 c. Mixed Fruit Cup	AM- 6 oz. Fruit Punch
Other			2 Tbs syrup							
	Jan 22 AM	Jan 22 PM	Jan 23 AM	Jan 23 PM	Jan 24 AM	Jan 24 PM	Jan 25 AM	Jan 25 PM	Jan 26 AM	Jan 26 PM
Grain	1 Corn Muffin	1 pk. Cheddar Rice Cakes	3 French Toast Sticks	4 Graham Crackers	1 Orange Muffin	AM- 8 Wheat Thins	3 French Toast Stick	1 pack Animal Crackers	1 oz Cereal- Rice Crispies	AM- 1 pack Goldfish
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	1 Cheese Stick	8 oz. 1% Milk	4 Cheese Cubes	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	AM- 6 oz. Apple Juice	1 c. Madarine Oranges	6 oz. Apple Juice	3/4 c. Apple Sauce	PM- 6 oz. Apple Juice
Other			2 tbsp. Syrup				2 tbsp Syrup			
	Jan.29 AM	Jan 29 PM	Jan. 30 AM	Jan 30 PM	Jan. 31 AM	Jan 31 PM				
Grain	1 Orange Muffin	1 pk. Chex Mix	3 French Toast Sticks	8 Wheat Thins	1 oz Cereal- Alpha Bits	10 Pretzels				
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	4 Cheese Cubes	8 oz. 1% Milk					
Fruit/Veg.	1 c. Mixed Fruit	6 oz White Grape Juice	3/4 c. Apple Sauce	6 oz. Apple Juice	1 c. Mixed Fruit	6 oz. Apple Juice				
Other			2 Tbs 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.*