

LifeSpan School-Age Menu

February 2018

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Feb 5 AM	Feb 5 PM	Feb 6 AM	Feb 6 PM	Feb 7 AM	Feb 7 PM	Feb 8 AM	Feb 8 PM	Feb 9 AM	Feb 9 PM
Grain							3 French Toast Sticks	8 Wheat Thins	1 Bagel	1 Pk Goldfish
Dairy							8 oz. 1% Milk	4 cheese cubes	8 oz. 1% Milk	
Fruit/Veg.							1 c. Mixed Fruit	6 oz. Apple Juice	3/4 c. Apple Sauce	PM- 8oz Apple Juice
Other									2 TBS cream cheese	
Grain	1 oz Cereal- Alpha bits	14 Tortilla Chips	1 Bagel	PM- 1 pk Graham Crackers	1 oz Corn Flakes	8 Wheat Thins	3 French Toast Stick	1 pack Animal Crackers	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	PM- 6 oz. Fruit punch	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			
Grain	1 oz Cereal- Corn Flakes	1 pack Animal Crackers	3 Waffle sticks	14 Tortilla Chips	1 Corn Muffin	8 Wheat Thins	3 French Toast Sticks	10 Pretzels	1 oz Apha bits	
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. white grape	3/4 c. Apple Sauce	1 c. Mandarin Oranges
Other			2 tbsp. Syrup							1 Cheese Stick
Grain	1 oz Cereal- Alpha bits	AM- 14 Tortilla Chips PM- 8 Wheat Thins	1 Bagel	4 Graham Crackers	2 Pancakes	8 Wheat Thins	3 French Toast Sticks	1 pk cheddar rice cakes	1 oz Cereal- Corn Flakes	1 Pk. Goldfish
Dairy	8 oz. 1% Milk	AM- 8oz 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.	1 c. Mixed Fruit	PM- 6 oz. White Grape Juice	1 c. Mixed Fruit Cup	6 oz. Apple Juice	3/4 c. Apple Sauce	6oz fruit punch	1 c. Madarine Oranges	6 oz. White Grape Juice	3/4 c. Apple Sauce	PM- 6 oz. Apple Juice
Other		PM- 4 cheese cubes	2 tbsp. Cream Cheese		2 TBS syrup		2 tbsp. Syrup			
Grain	1 oz Cereal- Rice Crispies	14 Tortilla Chips	3 Waffle Sticks	8 Wheat Thins	1 Corn Muffin	1 pack Animal Crackers				
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	4 cheese cubes	8 oz. 1% Milk					
Fruit/Veg.	3/4 c. Apple Sauce	6 oz White Grape Juice	1 c. Mandarin Oranges	6 oz. Apple Juice	1 c. Mixed Fruit Cup	6 oz. Fruit Punch				
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.