

LifeSpan School-Age Menu

OCTOBER

	Monday		Tuesday		Wednesday		Thursday		Friday	
week of 10/3-10/7	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 oz Cinnamo Toasters	1 pk Cheddar SunChios	1 Blueberry Muffin	3/4 Wheat Thins	1 oz Frosted Flakes	1 pk Ritz Bits	1 oz Cheerios	1pk Sunrise Bites	1 oz Honey Grahams	1 pk Dino Bites
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk	6oz Fruit Punch	8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	4 oz Mixed Fuit		4 oz Apple Sauce		4 oz Pineapple Tidbits	1 pk Animal Crackers	4 oz Pears		4 oz Mixed Fuit	
Other		6 oz Apple Juice		6oz Grape Juice		6oz Apple Juice		6 oz Grape Juicee		6 oz Fruit Punch
week of 10/10-10/14	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Blueberry Muffin	1 pk Choc Bears	1 oz Crispy Rice	1 pk Cheez Its	1 oz Cinnamo Toasters	1 pk Traditional Chex Mix	1 oz Frosted Flakes	3/4 Cup Goldfish	1 oz Cheerios	3/4 Cup Triscuits
Dairy	8 oz. 1% Milk	8oz 1% Milk	8 oz 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick
Fruit/Veg.	4 oz Applesauce		4oz Pineapple Tidbits		4 oz Pears		4 oz Mixed Fuit		4 oz Apple Sauce	
Other		6 oz Apple Juice		6oz Grape Juice		6 oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice
week of 10/17-10/21	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 oz Honey Grahams	1 pk Cheddar SunChios	1oz Crispy Rice	1pk Pretzels	1 Blueberry Muffin	1pk SunChips	1 oz Cinnamon Toasters	1 pk Cheddar Chex Mix	1 oz Frosted Flakes	3/4 cup Wheat Thins
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick
Fruit/Veg.	4oz Pineapple Tidbits		4 oz Pears		4 oz Mixed Fuit		4 oz Applesauce		4oz Pineapple Tidbits	
Other		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6 oz Fruit Punch		6 oz Apple Juice
week of 10/24-10/28	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 oz Cheerios	1pk Ritz bits	1 oz Honey Grahams	1pk Animal Crackers	1 oz Rice Krispies	1 pk Sunrise Bites	1 Bluebrry Muffin	1pk Dino Bites	1oz Cinnamon Toasters	1pk Choc Bears
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	8oz 1% Milk
Fruit/Veg.	4 oz Pears		4 oz Mixed Fuit		4 oz Apple Sauce		4oz Pineapple Tidbits		4 oz Pears	
Other		6oz Grape Juice		6 oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6 oz Fruit Punch
week of 10/31-11/4	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 oz Frosted Flakes	1 pk Cheez Its	1 oz Cheerios	1pk Traditional Chex Mix	1 oz Honey Grahams	3/4 Cup Goldfish	1 Crispy Rice	3/4 Cup Triscuits	1 Blueberry Muffin	1 pk Cheddar SunChios
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk	
Fruit/Veg.	4 oz Mixed Fuit		4 oz Apple Sauce		4oz Pineapple Tidbits		4 oz Pears		4 oz Mixed Fuit	
Other		6 oz Apple Juice		6oz Grape Juice		6 oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice

LifeSpan's School-

is an equal opportunity provider.