

# LIFESPAN SCHOOL-AGE MENU

## NOVEMBER

	Monday		Tuesday		Wednesday		Thursday		Friday	
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 Rice Chex	3/4 Cup Triscuits	1 Blueberry Muffin	1 pk Cheddar Sun Chins
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
week of 11/7-11/11	BREAKFAST	PM	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Cinn Toasters	1 pk Sunrise Bites	1oz Frosted Flakes	1 Pk Dino Bites	1oz Cheerios	1 pk Choc Bears	1oz Honey Grahams	1 pk Cheddar Chex Mix	1oz Rice Chex	1 pk Sun Chips
Dairy	8 oz. 1% Milk	8oz 1% Milk	8 oz 1% Milk	6oz Grape Juice	8 oz. 1% Milk	8oz 1% Milk	8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	4 oz Applesauce		4oz Pineapple Tidbits	3/4 Cup Wheat Thins Cheese	4 oz Pears		4 oz Mixed Fuit		4 oz Apple Sauce	
Other		6 oz Apple Juice		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6oz Grape Juice
week of 11/14 - 11/18	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Blueberry Muffin	1 pk Animal Crackers	1oz Frosted Flakes	1 pk Ritz Bits	1oz Cheerios	1 pk Strawberry Chex Mix	1oz Honey Grahams	1 pk Cheez Its	1oz Rice Chex	1 pk Traditional Chex Mix
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	
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 11/21-11/25	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	1 Blueberry Muffin	3/4 Cup Goldfish	1oz Frosted Flakes	3/4 Cup Triscuits	1oz Cheerios	1 pk Cheddar Sun Chips		1oz Honey Grahams	1 pk Dino Bites	
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	Cheese Sticks	8 oz. 1% Milk	6oz Apple Juice		8 oz. 1% Milk	6oz Fruit Punch	
Fruit/Veg.	4 oz Pears		4 oz Mixed Fuit		4 oz Apple Sauce	1 pk Sunrise Bites		4 oz Pears	3/4 Cup Wheat Thins Cheese	
Other		6oz Grape Juice		6 oz Fruit Punch		6 oz Grape Juice		6 oz Apple Juice	6 oz Apple Juice	
week of 11/28-12/2	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Blueberry Muffin	1 pk Cheddar Chex Mix	1oz Cinn Toasters	1pk Sun Chips	1oz Frosted Flakes	1 pk Animal Crackers	1oz Cheerios	1 pk Ritz Bits	1oz Honey Grahams	1 pk Strawberry Chex Mix
Dairy	8 oz. 1% Milk	6oz Grape Juice	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	4 oz Mixed Fuit	1pk Choc Bear	4 oz Apple Sauce		4oz Pineapple Tidbits		4 oz Pears		4 oz Mixed Fuit	
Other		8oz 1% Milk		6 oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6 oz Fruit Punch

LifeSpan's School-

is an equal opportunity provider.