

LIFESPAN SCHOOL-AGE MENU

DECEMBER

	Monday		Tuesday		Wednesday		Thursday		Friday	
week of 11/28-12/2	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain							1oz Cheerios	1 pk Ritz Bits	1oz Honey Grahams	1 pk Strawberry Chex Mix
Dairy							8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.							4 oz Pears	Carrots w/Ranch Dip	4 oz Mixed Fruit	1pk Apple Slices
Other								6oz Grape Juice		6 oz Apple Juice
week of 12/5-12/9	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Crispy Rice	1pk Cheez Its	1 Corn Muffin	3/4 cup Triscuits	1oz Cinn Toasters	1pk Cheddar Sun Chins	1oz Frosted Flakes	1pk Animal Crackers	1oz Rice Chex	1pk Choc Bears
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	1pk Apple Slices		4oz Pineapple Bits	1pk Apple Slices	4oz Applesauce	Carrots w/ Ranch Dip	4 oz Pears		4 oz Mixed Fruit	
Other		6oz Fruit Punch		6oz Grape Juice		6 oz Apple Juice		6oz Fruit Punch		6oz Grape Juice
week of 12/12-12/16	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Cheerios	1pk Trad Chex Mix	1oz Honey Grahams	1pk Dino Bites	1 Corn Muffin	3/4 Cup Wheat Thins	1oz Cinn Toasters	1pk Reg Sun Chips	1oz Frosted Flakes	1pk Sunrise Bites
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	1pk Apple Slices	Carrots w/ Ranch Dip	4oz Pineapple Bits		4oz Applesauce		4 oz Pears		4 oz Mixed Fruit	
Other		6 oz Apple Juice		6oz Fruit Punch		6oz Grape Juice		6 oz Apple Juice		6oz Fruit Punch
week of 12/19-12/23	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Rice Chex	3/4 Cup Goldfish	1 Corn Muffin	1pk Cheddar Chex Mix	1oz Cinn Toasters	1pk Ritz Bits	1oz Honey Grahams	1pk Straw Chex	1oz Crispy Rice	1pk Cheez Its
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	1pk Apple Slices		4oz Pineapple Bits		4oz Applesauce		4 oz Pears		4 oz Mixed Fruit	
Other		6oz Grape Juice		6 oz Apple Juice		6oz Fruit Punch		6oz Grape Juice		6 oz Apple Juice
week of 12/26-12/30	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain			1 Corn Muffin	3/4 cup Triscuits & Cheese Stick	1oz Cinn Toasters	1pk Animal Crackers	1oz Frosted Flakes	1 pk Trad. Chex Mix	1oz Rice Chex	3/4 cup Wheat Thins & Cheese
Dairy			8oz 1% Milk	6oz Grape Juice	8oz 1% Milk	6oz Fruit Punch	8oz 1% Milk	6oz Grape Juice	8oz 1% Milk	6oz Fruit Punch
Fruit/Veg.			1pk Apple Slices	1pk Cheddar Sun Chins	4oz Pineapple Bits	1pk Choc Bears	4oz Applesauce	1pk Sports Bites	4oz Pears	1pk Reg. Sun Chips
Other				6oz Apple Juice		8oz 1% Milk		6oz Apple Juice		6oz Grape Juice

LifeSpan's School-

is an equal opportunity provider.