

LIFESPAN SCHOOL-AGE MENU

JANUARY

	Monday		Tuesday		Wednesday		Thursday		Friday	
week of 1/2-1/6	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain			1oz Frosted Flakes	1pk Choc Bears	1oz Crisy Rice	3/4c Triscuits	1 Corn Muffin	1pk Strawberry Chex Mix	1oz Cinn Toasters	1pk Ritz Bits
Dairy			8 oz. 1% Milk	8oz 1% Milk	8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.			4oz Pineapple Bits		4oz Apple Sauce		4oz Pears		4oz Mixed Fruit	
Other				6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6oz Fruit Punch
week of 1/9-1/13	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Honey Graham	1pk Animal Crackers	1 Corn Muffin	3/4c Wheat Thins	1oz Cheerios	1pk Sports Bites	1oz Rice Chex	1pk Sun Chips	1 Corn Muffin	1pk Trad. Chex Mix
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	Apple Slices	4oz Apple Sauce		4oz Pears		4oz Mixed Fruit	
Other		6 oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice
week of 1/16-1/20	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Frosted Flakes	1pk Chedd Sun Chios	1oz Crispy Rice	1pk Chedd Chex Mix	1 Corn Muffin	1pk Cheez Its	1oz Cinn Toasters	3/4c Goldfish	1oz Honey Grahams	1pk Choc Bears
Dairy	8oz 1% Milk	6oz Fruit Punch	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk	
Fruit/Veg.	1pk Apple Slices	1pk Sunrise Bites	4oz Pineapple Bits		4oz Apple Sauce		4oz Pears		4oz Mixed Fruit	
Other		6oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice
week of 1/23-1/27	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Cheerios	3/4c Triscuits cheese stick	1 Corn Muffin	1pk Ritz Bits	1oz Rice Chex	1pk Animal Crackers	1oz Frosted Flakes	3/4c Wheat Thins	1oz Crispy Rice	1pk Sports Bites
Dairy	8oz 1% Milk	6oz Fruit Punch	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk	
Fruit/Veg.	1pk Apple Slices	1pk Straw Chex Mix	4oz Pineapple Bits		4oz Apple Sauce		4oz Pears	Apple Slices	4oz Mixed Fruit	
Other		6oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice
week of 1/30-2/3	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Corn Muffin	1pk Sun Chips	1oz Cinn Toasters	1pk Trad. Chex Mix	1oz Honey Grahams	1pk Choc Bears	1 Corn Muffin	1pk Sunrise Bites	1oz Cherrions	1pk Animal Crackers
Dairy	8 oz. 1% Milk		8oz 1% Milk		8oz 1% Milk		8oz 1% Milk		8oz 1% Milk	
Fruit/Veg.	1pk Apple Slices		4oz Pineapple Bits		4oz Apple Sauce		4oz Pears		4oz Mixed Fruit	
Other		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice

LifeSpan's School-

is an equal opportunity provider.