



# LIFESPAN SCHOOL-AGE MENU MARCH



	Monday		Tuesday		Wednesday		Thursday		Friday	
week of	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
2/27-3/3	1oz Honey Grahams 8 oz. 1% Milk	1pk Straw Chex Mix	1 Apple Cinn Muffin 8oz 1% Milk	1pk Cheddar Sun Chins	1oz Cheerios 8oz 1% Milk	3/4c Wheat Thins Cheese Stick	1oz Crispy Rice 8oz 1% Milk	1pk Cheddar Chex Mix	1 Blueberry Muffin 8oz 1% Milk	1pk Ritz Bits
Grain	4oz Apple Sauce		4oz Mixed Fruit		4oz Pineapple Bits		1pk Apple Slices		4oz Pears	
Dairy	6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice	
Fruit/Veg.										
Other										
3/6-3/10	1oz Crispy Rice 8 oz. 1% Milk	1pk Popcorn	1 Apple Cinn Muffin 8 oz. 1% Milk	1pk Sports bites	1oz Frosted Flakes 8 oz. 1% Milk	3/4c Triscuits Cheese Stick	1oz Rice Chex 8 oz. 1% Milk	1pk Strawberry Chex Mix	1 Apple Cinn Muffin 8 oz. 1% Milk	1pk Cheddar Sun Chins
Grain	4oz Apple Sauce		4oz Pineapple Bits		4oz Pears		4oz Mixed Fruit		4oz Apple Sauce	
Dairy	6 oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice	
Fruit/Veg.										
Other										
3/13-3/17	1oz Cinn Toasters 8 oz. 1% Milk	3/4c Wheat Thins Cheese Stick	1oz Honey Grahams 8 oz. 1% Milk	1pk Cheddar Chex Mix	1 Apple Cinn Muffin 8 oz. 1% Milk	1pk Ritz Bits	1oz Cheerios 8 oz. 1% Milk	1pk Cheez Its	1oz Crispy Rice 8oz 1% Milk	1pk Gold Fish
Grain	4oz Pineapple Bits		4oz Pears		4oz Mixed Fruit		4oz Apple Sauce		4oz Pineapple Bits	
Dairy	6oz Grape Juice		6oz Grape Juice		6oz Fruit Punch		6oz Apple Juice		6oz Fruit Punch	
Fruit/Veg.										
Other										
3/20-3/24	1 Blueberry Muffin 8oz 1% Milk	1pk Choc Bears 8oz 1% Milk	1oz Frosted Flakes 8oz 1% Milk	1pk Sunrise Bites 6oz Fruit Punch	1oz Rice Chex 8 oz. 1% Milk	1pk Popcorn	1 Blueberry Muffin 8 oz. 1% Milk	1pk Sports Bites	1oz Cinn Toasters 8 oz. 1% Milk	3/4c Triscuits Cheese Stick
Grain	4oz Pears		4oz Mixed Fruit		1pk Apple Slices		4oz Pineapple Bits		4oz Pears	
Dairy	6oz Fruit Punch		6oz Fruit Punch		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice	
Fruit/Veg.										
Other										
3/27-3/31	1oz Honey Grahams 8 oz. 1% Milk	1pk Straw Chex Mix	1 Apple Cinn Muffin 8oz 1% Milk	1pk Cheddar Sun Chins	1oz Cheerios 8oz 1% Milk	3/4c Wheat Thins Cheese Stick	1oz Crispy Rice 8oz 1% Milk	1pk Cheddar Chex Mix	1 Apple Cinn Muffin 8oz 1% Milk	1pk Ritz Bits
Grain	4oz Apple Sauce		4oz Mixed Fruit		4oz Pineapple Bits		1pk Apple Slices		4oz Pears	
Dairy	6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice	
Fruit/Veg.										
Other										

LifeSpan's School-

is an equal opportunity provider.