



LIFESPAN SCHOOL-AGE MENU MAY



	Monday		Tuesday		Wednesday		Thursday		Friday	
week of 5/8-5/12	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Honey Grahams	1pk Straw Chex Mix	1 Apple Cinn Muffin	1pk Cheddar Sun Chips	1oz Cheerios	3/4c Wheat Thins	1oz Crispy Rice	1pk Cheddar Chex Mix	1 Blueberry Muffin	1pk Ritz Bits
Dairy	8 oz. 1% Milk		8oz 1% Milk		8oz 1% Milk	Cheese Stick	8oz 1% Milk		8oz 1% Milk	
Fruit/Veg.	4oz Apple Sauce		4oz Mixed Fruit		4oz Pineapple Bits		1pk Apple Slices		4oz Pears	
Other		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice
week of 5/15-5/19	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Crispy Rice	1pk Popcorn	1 Apple Cinn Muffin	1pk Sports bites	1oz Frosted Flakes	3/4c Triscuits	1oz Rice Chex	1pk Strawberry Chex Mix	1 Apple Cinn Muffin	1pk Cheddar Sun Chips
Dairy	8 oz. 1% Milk		8 oz. 1% Milk	6oz Grape Juice	8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	4oz Apple Sauce		4oz Pineapple Bits	3/4 cup Goldfish and cheese stick	4oz Pears		4oz Mixed Fruit		4oz Apple Sauce	
Other		6 oz Apple Juice		6 oz Apple Juice		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice
week of 5/22-5/26	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Cinn Toasters	3/4c Wheat Thins	1oz Honey Grahams	1pk Cheddar Chex Mix	1 Apple Cinn Muffin	1pk Ritz Bits	1oz Cheerios	1pk Cheez Its	1oz Crispy Rice	1pk Gold Fish
Dairy	8 oz. 1% Milk	Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8oz 1% Milk	
Fruit/Veg.	4 oz Pineapple Bits		4oz Pears		4oz Mixed Fruit		4oz Apple Sauce		4oz Pineapple Bits	
Other		6oz Grape Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice		6oz Fruit Punch
week of 5/29-6/2	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Blueberry Muffin	1pk Choc Bears	1oz Frosted Flakes	1pk Cheddar Sun Chips	1oz Rice Chex	1pk Popcorn	1 Blueberry Muffin	1pk Sports Bites	1oz Cinn Toasters	3/4c Triscuits
Dairy	8oz 1% Milk	8oz 1% Milk	8oz 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	Cheese Stick
Fruit/Veg.	4oz Pears		4oz Mixed Fruit		1pk Apple Slices		4oz Pineapple Bits		4oz Pears	
Other				6oz Fruit Punch		6oz Fruit Punch		6 oz Apple Juice		6oz Grape Juice
week of 6/5-6/9	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Honey Grahams	1pk Straw Chex Mix	1 Apple Cinn Muffin	1pk Cheddar Sun Chips	1oz Cheerios	3/4c Wheat Thins	1oz Crispy Rice	1pk Cheddar Chex Mix	1 Apple Cinn Muffin	1pk Ritz Bits
Dairy	8 oz. 1% Milk		8oz 1% Milk		8oz 1% Milk	Cheese Stick	8oz 1% Milk		8oz 1% Milk	
Fruit/Veg.	4oz Apple Sauce		4oz Mixed Fruit		4oz Pineapple Bits		1pk Apple Slices		4oz Pears	
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.