



## **QUAKERTOWN LIFESPAN SCHOOL AGE**





## JANUARY SNACK MENU 2024

•	Monday		Tuesday		Wednesday		Thursday		Friday	
Week of 1/1/24	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM
Week 01 1/1/24	CLOSED NEW	CLOSED NEW	1 oz Frosted	1 pk Trad Chex	1oz Chex Rice	1 pk Ritz Bits	1 oz Cheerios 8oz	1 pk Sport Bites	1 pk Cinn Toasters	1 pk Strawberry Chex
			Flakes 8oz	Mix 6oz	8oz 1% Milk	60z White Grape		60z White Grape	8 oz 1% Milk 4oz	6oz White Grape
	YEARS DAY	YEARS DAY	1%Milk,		4oz Mandarin	ooz wille Grape		ooz wille Grape	Pears	ooz winte Grape
			4oz Pears	Apple Juice			Mandarin Oranges		Pears	
			40Z Pears		Oranges					
Grain										
Dairy										
Fruit/Veg.										
Other										
Week of 1/8/24	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
	1 pk Crispy Rice	1 pk Popcorners	1 Bluberry Muffin	1 pk Cheez Its	1 oz Frosted	1 pk Choc Bears	1oz Honey Graham	1 pk Cheddar	1 English Muffin	3/4 c Wheat Thins
	8 oz 1% Milk 4oz	6oz White Grape	8oz 1%Milk,	6oz Apple Juice	Flakes	1% 8oz Milk	Toasters 8oz 1% Milk	Goldfish 6oz	1pk Grape Jelly 1%	1 Cheesestick 6oz
	Pears	•	4oz Pears	**	8oz 1% Milk,		4oz Pineapples	Apple Juice	8oz Milk 4oz	Apple Juice
					4oz Mandarin		**	**	Applesauce	**
					Oranges				**	
Grain										
Dairy										
Fruit/Veg.										
Other										
Week of 1/15/24	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM
	1 Blueberry	1 pk Sun Chips	1 pk Crispy Rice	1pk Sports Bites	1 English Muffin	1 pk Pretzels 6oz		1 pk Ched Chex	1oz Chex Rice 8oz	3/4 c Wheat Thins
	Muffin	6oz White Grape	8 oz 1% Milk 4oz	6oz Apple Juice	1pk Grape Jelly	White Grape	8 oz 1% Milk 4oz	6oz Apple Juice	1%Milk 4oz	1 Cheese stick 6oz
	8oz 1%Milk		Applesauce		1% 8oz Milk		Applesauce		Mandarin Oranges	Apple Juice
	4oz Mixed Fruit				4oz Pears					
Contra										
Grain										
Dairy										4 1 01 10 411
									HOLIDAY CARE	1 pk Choc Bears 1%
Fruit/Veg.										8oz Milk
Week of 1/22/24	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
	1 Bluberry Muffin	1 pk Ritz Bits 6oz	loz Honey	1 pk Ched Chex	1 English Muffin	1 pk Goldfish	1oz Frosted Flakes	1pk Strawberry Chex	1 pk Crispy Rice	1 pk Ched Chex
	8oz 1%Milk,	White Grape	Graham Toasters	6oz Apple Juice	1pk Grape Jelly	6oz Apple Juice	8oz 1%	6oz Apple Juice	8 oz 1% Milk 4oz	6oz Apple Juice
	4oz Pears	•	8oz 1%Milk	**	1% 8oz Milk	**	Milk 4oz	**	Applesauce	**
			4oz Pineapples		4oz Mixed Fruit		Pears			
Grain										
Dairy										
Fruit/Veg.										
Other										
Week of 1/29/24	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
	1 Bluberry Muffin	1 pk Ched Chex	1 pk Crispy Rice	1pk Strawberry	1 English Muffin	1 pk Sun Chips	1 pk Cinn Toasters	1 pk Pretzels 6oz	1 Bluberry Muffin	3/4 c Wheat Thins
	8oz 1%Milk,	6oz Apple Juice	8 oz 1% Milk 4oz	Chex 6oz Apple		6oz White Grape	8 oz 1% Milk 4oz	White Grape	8oz 1% Milk,	1 Cheese stick 6oz
	4oz Pears		Applesauce	Juice	1% 8oz Milk		Applesauce		4oz Pears	Apple Juice
Grain					4oz Pears					
Dairy										
Fruit/Veg.										
Other										
							•			