



LIFESPAN SCHOOL-AGE MENU

MARCH



| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|-------------------|----------------------|------------------|--------------------|-----------------------|---------------------|------------------|--------------------|-------------------------|---------------------|-----------------------|
| week of 3/4-3/8 | BREAKFAST | PM | BREAKFAST | PM | BREAKFAST | PM | BREAKFAST | PM | BREAKFAST | PM |
| Grain | 1oz Honey Grahams | 1pk Ritz Bits | 1 Corn Muffin | 1pk Cheddar Sun Chips | 1oz Cheerios | 3/4c Wheat Thins | 1oz Crispy Rice | 1pk Cheddar Chex Mix | 1 English Muffin | 1pk Chocolate Bears |
| 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 Applesauce | | 4oz Pears | |
| Other | | 6oz White Grape | | 6 oz Apple Juice | | 6oz Grape Juice | | 6oz Apple Juice | | 6 oz Apple Juice |
| week of 3/11-3/15 | BREAKFAST | PM | BREAKFAST | PM | BREAKFAST | PM | BREAKFAST | PM | BREAKFAST | PM |
| Grain | 1oz Rice Chec | 1pk Popcorners | 1 Cinna Toasters | 1pk Sports bites | 1oz Frosted Flakes | 1 pk Pretzels | 1oz Cheerios | 1pk Strawberry Chex Mix | 1 Apple Cinn Muffin | 1pk Cheddar Sun Chips |
| 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. | 4oz Mandarin Oranges | | 4oz Pineapple Bits | | 4oz Pears | | 4oz Mixed Fruit | | 4oz Apple Sauce | |
| Other | | 6 oz Apple Juice | | 6oz Grape Juice | | 6oz Apple Juice | | 6 oz Apple Juice | | 6oz Grape Juice |
| week of 3/15-3/22 | 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 Apple Juice | | 6 oz Apple Juice | | 6oz Grape Juice |
| week of 3/25-3/29 | BREAKFAST | AM/PM | BREAKFAST | PM | BREAKFAST | PM | BREAKFAST | AM/PM | BREAKFAST | PM |
| Grain | 1 English Muffin | 1pk Choc Bears | 1oz Frosted Flakes | 1pk Dino Bites | 1oz Rice Chex | 1pk Popcorn | 1 Apple Cinna | 1pk Sports Bites | | |
| Dairy | 8oz 1% Milk | 8oz 1% Milk | 8oz 1% Milk | 6oz Apple Juice | 8 oz. 1% Milk | | 8 oz. 1% Milk | 6oz Apple Juice | CLOSED | CLOSED |
| Fruit/Veg. | 4oz Pears | | 4oz Mixed Fruit | | 1pk Applesauce | | 4oz Pineapple Bits | 1 pk Goldfish | | |
| Other | | | | | | 6oz Fruit Punch | HOLIDAY CARE | 6 oz Apple Juice | | |

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on is an equal opportunity provider.