



# LIFESPAN SCHOOL-AGE / SUMMER CAMP MENU

## JULY 2024



	Monday		Tuesday		Wednesday		Thursday		Friday	
Week of 7/1-7/5	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Cornbread Muffin	1pk Rits Bits	1 oz. Cheerios	1pk Cheddar Sun Chips	1oz Rice Chex	1 pk Popcorners	CLOSED	CLOSED	1 Blueberry Muffin	3/4c Triscuits
Dairy	8 oz. 1% Milk	6 oz Apple Juice	8oz 1% Milk		8oz 1% Milk				8oz 1% Milk	Cheese Stick
Fruit/Veg.	4oz Apple Sauce		4 oz. Mandarin Oranges	6 oz White Grape Juice	4 oz. Pears	6 oz Apple Juice			4oz Mixed Fruit	6oz Grape Juice
Other										
Week of 7/8-7/12	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	1 oz. Cheerios	1pk Goldfish	1 oz Crispy Rice	1 pk Chex Mix Traditional	Apple Cinn Muffin	1 pk Ritz Bits	English Muffin w/ Jelly or CC	1 pk Popcorners	1oz Rice Chex	1 pk Trad Sun Chips
Dairy	8oz 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	6oz Apple Juice	8oz 1% Milk	6oz White Grape
Fruit/Veg.	4 oz. Mandarin Oranges	1 pk Pretzels 1 String Cheese	4 oz Mixed Fruit	1pk Cheez Its	4oz Pears	1 pk Sports Bites	4 oz Pineapple Bits	1 pk Ched Sun Chips	4 oz. Pears	3/4 c Triscuits
Other		6 oz Grape Juice		6 oz Grape		6oz Grape Juice		6oz Grape Juice		1 Cheese Stick 6oz Apple Juice
Week of 7/15-7/19	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	English Muffin w/ Jelly or CC	1 pk Goldfish	1 oz Rice Chex	1pk Cheez Its	1 Apple Cinn Muffin	1 pk Ched Chex	1 oz Cheerios	1 pk Pretzels	1oz Crispy Rice	1pk Gold Fish
Dairy	8 oz. 1% Milk	6oz Grape Juice	8oz 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	1 String Cheese	8oz 1% Milk	6 oz Grape Juice
Fruit/Veg.	4 oz Pineapple Bits	1pk Ched Sun Chips	4 oz Mandarin Oranges	1 pk Sports Bites	4oz Mixed Fruit	1 pk Popcorners	4 oz Pineapple Bits	6 oz Apple Juice	4 oz Pineapple	Trad Sun Chips
Other		6oz Apple Juice		6oz Apple Juice		6oz White Grape		6oz White Grape		6oz Apple Juice
Week 7/22-7/26	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	1 Blueberry Muffin	1 pk Chex Mix Traditional	1 oz Cheerios 4oz Oranges	1 pk Pretzels	English Muffin w/ Jelly or CC	1pk Popcorners	1 Cornbread Muffin	1pk Sports Bites	1 oz Crispy Rice	1 pk Ched Chex
Dairy	8oz 1% Milk	6 oz Apple Juice	8oz 1% Milk	1 Cheese stick	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk, 4oz Pineapple Bits	6oz Grape Juice	8oz 1% Milk	6oz Apple Juice
Fruit/Veg.	4oz Pears	1 pk Trad Sun Chips		6 oz Grape Juice	4oz Applesauce	1 pk Cheez-Its		1pk Goldfish	4 oz Mixed Fruit	1 pk Ritz Bits
Other		6oz White		1 pk Ched Sun Chips		6oz Grape Juice		6 oz Apple Juice		6oz Grape Juice
Week OF 7/29-8/2	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
Grain	1oz Rice Chex	1pk Goldfish	1 Apple Cinn Muffin	1 pk Sun Chips	1oz Cheerios, 8oz 1% Milk	3/4c Triscuits, Cheesestick	1oz Crispy Rice, 1pk Applesauce	1pk Ritz Bits	1 Blueberry Muffin	1 pk Ched Chex
Dairy	8oz 1% Milk	6oz Apple Juice	8oz 1% Milk	6oz Grape Juice	4oz Pineapple Bits	6oz Apple Juice	8oz 1% Milk	6oz Grape Juice	8oz 1% Milk	6oz White Grape
Fruit/Veg.	4 oz. Pears	1 pk Chex Mix Traditional	4oz Mixed Fruit	1pk Sports Bites		1 pk Pretzels		1pk Popcorners	4oz Mandarin Oranges	Sports Bites
Other		6oz Grape Juice		6oz Apple Juice		6oz Grape Juice		6oz Fruit Punch		6 oz Apple Juice

LifeSpan's School-Age Snack Menu is subject to change without notice – All meals provided are per the CACFP guidelines and components – Substitute meals or extra snack may be brought from home – Water is offered at all times

*This institution is an equal opportunity provider.*