



QUAKERTOWN LIFESPAN SCHOOL AGE



SEPTEMBER 2024

	Monday		Tuesday		Wednesday		Thursday		Friday	
	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
9/2-9/6	CLOSED		CLOSED		CLOSED		CLOSED		CLOSED	
Grain	LABOR DAY	LABOR DAY	1 English Muffin w. Cream Cheese/Jelly 8 oz 1% Milk 4oz Pears	1 pk Trad Chex 6oz Apple Juice	1 oz. Crispy Rice 8oz. 1%Milk 4oz Applesauce	1pk Strawberry Chex Mix 6oz White Grape	1 Cornbread Muffin, 8oz 1% milk 4oz Mixed Fruit	1pk Pretzels 6oz White Grape	1oz Cheerios 8oz 1%Milk 4oz Mandarin Oranges	1 pk Sun Chips 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
9/9-9/13	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Rice Chex 8oz 1% Milk 4oz Pineapples	1 pk Cheez-its 6oz Apple Juice	1 Apple Cinn Muffin, 8oz 1% milk 4oz Mixed Fruit	1pk Ritz Bits w/Cheese 6oz White Grape	1oz Cheerios 8oz 1%Milk 4oz Applesauce	1pk Sports Bites 6oz White Grape	1 Blueberry Muffin, 8oz 1%Milk, 4oz Pears	1 pk Sun Chips 6oz White Grape	1 oz. Crispy Rice 8oz. 1%Milk 4oz Applesauce	3/4 c Wheat Thins, 1 Cheesestick 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
9/16-9/20	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 English Muffin w/Cream Cheese 8oz 1%Milk 4oz Mixed Fruit	1 pk Cheddar Sun Chips 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Mandarin Oranges	3/4 c Wheat Thins, 1 Cheesestick 6oz White Grape	1 Apple Cinn Muffin, 8oz 1% milk 4oz Mixed Fruit	1 pk Cheez-its 6oz Apple Juice	1oz Rice Chex 8oz 1% Milk 4oz Pineapples	1pk Pretzels 6oz White Grape	1 oz. Crispy Rice 8oz. 1%Milk 4oz Applesauce	1 pk Goldfish 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
9/23-9/27	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Rice Chex 8oz 1% Milk 4oz Pineapples	1pk Ritz Bits w/Cheese 6oz White Grape	1 Apple Cinn Muffin 8oz 1%Milk 4oz Mandarin Oranges	1pk Trad Sun Chips 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Mandarin Oranges	1pk Sports Bites 6oz White Grape	1 English Muffin w/Cream Cheese 8oz 1%Milk 4oz Mixed Fruit	3/4 c Wheat Thins, 1 Cheesestick 6oz White Grape	1 oz. Crispy Rice 8oz. 1%Milk 4oz Applesauce	1 pk Cheddar Sun Chips 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
9/30-10/4	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Apple Cinn Muffin 8oz 1%Milk 4oz Mandarin Oranges	1pk Sports Bites 6oz White Grape	1 oz. Crispy Rice 8oz. 1%Milk 4oz Applesauce	3/4 c Wheat Thins, 1 Cheesestick 6oz White Grape	1 English Muffin w. Cream Cheese 8 oz 1% Milk 4oz Pears	1pk Ritz Bits w/Cheese 6oz White Grape	1 Blueberry Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1 pk Cheez-its 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Mandarin Oranges	1 pk Goldfish 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										