

## QUAKERTOWN LIFESPAN SCHOOL AGE OCTOBER SNACK MENU 2024

	Monday		Tuesday		Wednesday		Thursday		Friday	
9/30-10/4	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>AM/PM</b>	<b>BREAKFAST</b>	<b>PM</b>
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	1 pk Traditional Sun Chips 6oz Apple Juice	1 English Muffin w. Cream Cheese/Jelly 8 oz 1% Milk 4oz Pineapples	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 Pears	1 pk Cheddar Sun Chips 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
10/7-10/11	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>
Grain	1oz Rice Chex 8oz 1% Milk 4oz Pineapples	1pk Traditional Sun Chips 6oz White Grape	1 Cornbread Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1 pk Cheez-its 6oz Apple Juice	1oz Crispy Rice 8oz 1%Milk 4oz Pears	1pk Sports Bites 6oz White Grape	1 English Muffin w. Cream Cheese 8 oz 1% Milk 4oz Applesauce	1 pk Cheddar Sun Chips 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Mandarin Oranges	3/4c. Wheat Thins, 1 oz Cream Cheese 6oz White Grape
Dairy										
Fruit/Veg.										
Other										
10/14-10/18	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>
Grain	1 English Muffin w. Cream Cheese/Jelly 8 oz 1% Milk 4oz Mixed Fruit	1 pk Veggie Straws 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Applesauce	1 pk Ritz Bits Cheese Crackers 6oz White Grape	1oz Rice Chex 8oz 1% Milk 4oz Mandarin Oranges	1 pk Pretzels & 1 Cheese stick 6oz Apple Juice	1 Cornbread Muffin, 8oz 1%Milk, 4oz Mixed Fruit	3/4c. Wheat Thins, 1 oz Cream Cheese 6oz White Grape	1 oz. Crispy Rice 8oz. 1%Milk 4oz Applesauce	1 pk Popcorners 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
10/21-10/25	<b>BREAKFAST</b>	<b>AM/PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>
Grain	1oz Rice Chex 8oz 1% Milk 4oz Pineapples	1 pk Cheez-its 6oz Apple Juice	1 Cornbread Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1pk Sports Bites 6oz White Grape	1 English Muffin w. Cream Cheese 8 oz 1% Milk 4oz Pears	1 pk Veggie Straws 6oz Apple Juice	1 oz. Crispy Rice 8oz. 1%Milk 4oz Applesauce	3/4c. Wheat Thins, 1 oz Cream Cheese 6oz White Grape	1oz Cheerios 8oz 1%Milk 4oz Mandarin Oranges	1 pk Goldfish 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
10/28-11/1	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>	<b>BREAKFAST</b>	<b>PM</b>
Grain	1 Blueberry Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1pk Sports Bites 6oz White Grape	1 oz. Crispy Rice 8oz. 1%Milk 4oz Applesauce	1 pk Pretzels & 1 Cheese stick 6oz Apple Juice	1oz Rice Chex 8oz 1% Milk 4oz Pineapples	1 pk Goldfish 6oz Apple Juice	1 English Muffin w/Cream Cheese 8oz 1%Milk 4oz Mandarin Oranges	1 pk Veggie Straws 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Pears	1 pk Popcorners 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										