



QUAKERTOWN LIFESPAN SCHOOL AGE NOVEMBER SNACK MENU 2024



	Monday		Tuesday		Wednesday		Thursday		Friday	
10/28-11/1	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
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	3/4 c Veggie Straws 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Pears	1 pk Popcorners 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
Week 11/4-11/8	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Banana Muffin 8oz 1% Milk 4oz Applesauce	1 pk Pretzels 1 Cheese stick 6oz Apple Juice	1 English Muffin w/Cream Cheese 8oz 1%Milk 4oz Pineapples	1 pk Ritz Bits 6oz White Grape	1oz Cheerios 8oz 1%Milk 4oz Pears	1 pk Ched Rice Cakes 6oz Apple Juice	1 pk Crispy Rice 8 oz 1% Milk 4oz Applesauce	3/4 c Veggie Straws 6oz White Grape Juice	1 Blueberry Muffin 8oz 1% milk 4oz Mixed Fruit	1 pk Trad Chex 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
	Holiday Care	Holiday Care	Holiday Care	Holiday Care						
Week 11/11-11/15	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Cornbread Muffin 8oz 1%Milk 4oz Mixed Fruit	3/4 c Pretzels, 1 Cheesestick 6oz White Grape	1 pk Crispy Rice 8 oz 1% Milk 4oz Applesauce	1pk Sports Bites 6oz Apple Juice	1 Apple Cinna Muffin 8oz 1% milk 4oz Pears	1 pk Ched Goldfish 6oz Apple Juice	1oz Rice Chex 8oz 1% Milk 4oz Pineapples	1 pk White Ched Popcorn 6oz Apple Juice	1 Banana Muffin 8oz 1% Milk 4oz Applesauce	1 pk Apple Cinn Rice Cakes 6oz White Grape
Dairy										
Fruit/Veg.										
Other										
Week 11/18-11/22	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM
Grain	1 English Muffin w/Cream Cheese 8oz 1%Milk 4oz Mixed Fruit	3/4 c Veggie Straws 6oz Apple Juice	1 pk Crispy Rice 8 oz 1% Milk 4oz Pineapples	1pk Ritz Bits 6oz White Grape	1oz Cheerios 8oz 1%Milk 4oz Pears	1 pk White Ched Popcorn 6oz Apple Juice	1 Apple Cinna Muffin 8oz 1% milk 4oz Pears	1 pk Ched Chex Mix 6oz Apple Juice	1 Cornbread 8oz 1% Milk 4oz Pears	1 pk Ched Rice Cakes 6oz White Grape
Dairy										
Fruit/Veg.										
Other										
Week 11/27-12/1	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	AM/PM
Grain	1oz Crispy Rice 8oz 1% milk 4oz Mixed Fruit	1 pk Popcorners 6oz Apple Juice	1 Banana Muffin 8oz 1% Milk 4oz Applesauce	3/4 c Pretzels 1 Cheesestick 6oz White Grape	1 English Muffin w/Cream Cheese 8oz 1%Milk 4oz Mixed Fruit	3/4 c Veggie Straws 6oz Apple Juice	CLOSED	CLOSED	1oz Cheerios 8oz 1%Milk 4oz Pineapples	1pk Ched Goldfish 6oz White Grape
Dairy										
Fruit/Veg.										
Other										
					Holiday Care	Holiday Care	CLOSED	CLOSED	Holiday Care	Holiday Care
						1pk Sports Bites 6oz White Grape	Happy Thanksgiving	Happy Thanksgiving		1 pk White Ched Popcorn 6oz Apple Juice