

## QUAKERTOWN LIFESPAN SCHOOL AGE OCTOBER SNACK MENU 2025



		78.7			SNACK MENU 2025					
	Monday		Tuesday		Wednesday		Thursday		Friday	
10/1-10/3	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM	BREAKFAST	PM
					Cheerios	1pk Traditional		1 pk Cheddar Sun	1oz Cheerios	1 pk Cheez Its
					8 oz 1% Milk	Sun Chips	1%Milk,	Chips	8oz 1%Milk	6oz Apple Juice
					4oz Pineapples	6oz White Grape	4oz Mixed Fruit	6oz Apple Juice	4oz Pears	
Grain										
								1 pk Pretzels, 1		
Dairy								Cheesestick 6oz		
-							HOLIDAY	White Grape HOLIDAY CARE		
Fruit/Veg.							nolida i	HOLIDAY CARE		
Other										
10/6-10/10	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
	1 English Muffin	1pk Traditional Sun	1pk Cocoa Puffs	1 pk Popcorners	1oz Kix 8oz	1pk Sports Bites	1 English Muffin	1 pk Ritz Bits	1oz Cinna Toast	1pk Apple Cinn
	w. Cream	Chips 6oz	8oz 1%Milk,	6oz Apple Juice	1%Milk	6oz White Grape	w. Cream	Cheese Crackers	Crunch	Rice Cakes
	Cheese/Jelly	White Grape	4oz Pineapples		4oz Pears		Cheese/Jelly	6oz Apple Juice	8oz 1%Milk	6oz White Grape
	8 oz 1% Milk						8 oz 1% Milk 4oz		4oz Pineapples	
Grain	4oz Mixed Fruit						Applesauce			
Dairy										
Fruit/Veg.										
Other										
10/13-10/17	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
	1 English Muffin	1 pk Pretzels, 1	1oz Kix 8oz	1 pk Cheddar Sun	1 English Muffin w.	1 pk Ranch Rice	1pk Cocoa Puffs	1 pk Goldfish	1 English Muffin	1 pk Popcorners
	w. Cream	Cheesestick 6oz	1%Milk	Chips	Cream Cheese/Jelly		8oz 1%Milk,	6oz White Grape	w. Cream	6oz Apple Juice
	Cheese/Jelly	Apple Juice	4oz Pears	6oz White Grape	8 oz 1% Milk	6oz Apple Juice	4oz Pineapples	Juice	Cheese/Jelly	
	8 oz 1% Milk				4oz Applesauce				8 oz 1% Milk	
Grain	4oz Mixed Fruit								4o zMixed Fruit	
Dairy										
Fruit/Veg.										
Other										
10/20-10/24	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
	1oz Cinna Toast	1pk Apple Cinn	1 English Muffin	1 pk Ritz Bits	1oz Kix 8oz	1pk Traditional	1 English Muffin	1 pk Pretzels, 1	1pk Cocoa Puffs	1 pk Goldfish
	Crunch	Rice Cakes	w. Cream	Cheese Crackers	1%Milk	Sun Chips	w. Cream	Cheesestick 6oz	8oz 1%Milk,	6oz White Grape
	8oz 1%Milk	6oz White Grape	Cheese/Jelly	6oz Apple Juice	4oz Pears	6oz White Grape	Cheese/Jelly	Apple Juice	4oz Applesauce	Juice
	4oz Applesauce		8 oz 1% Milk				8 oz 1% Milk			
Grain			4oz Mixed Fruit				4oz Pineapples			
Dairy										
Fruit/Veg.										
Other										
10/27-10/31	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
	1 English Muffin	1pk Sports Bites	1oz Cinna Toast	1 pk Cheez Its	1pk Cocoa Puffs	1 pk Cheddar Sun	1 English Muffin	1 pk Ranch Rice	1oz Kix 8oz	1 pk Popcorners
	w. Cream	6oz White Grape	Crunch	6oz Apple Juice	8oz 1%Milk,	Chips	w/Cream Cheese	Cakes	1%Milk	6oz White Grape
l	Cheese/Jelly		8oz 1%Milk		4oz Pears	6oz White Grape	8oz 1%Milk	6oz Apple Juice	4oz Applesauce	
	8 oz 1% Milk		4oz Applesauce				4oz Mixed Fruit			
Grain	4oz Pineapples									
Dairy										
Fruit/Veg.										
Other										