

QUAKERTOWN LIFESPAN SCHOOL-AGE MENU



APRIL 2026



	Monday		Tuesday		Wednesday		Thursday		Friday	
	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	AM/PM Holiday Care	BREAKFAST	PM
Week of 3/30										
Grain	1oz Trix	1pk Ritz Bits	1 Corn Muffin	1pk Pretzels	1 oz Crispy Rice	1 pk Ched Chex Mix	1 Corn Muffin	1pk Cheez Its	CLOSED	CLOSED
Dairy	8oz 1% Milk	6 oz White Grape	8oz 1% Milk	Cheese Stick	8 oz. 1% Milk		8 oz. 1% Milk	6 oz White Grape		
Fruit/Veg.	4oz Pears		4oz Applesauce	6oz Apple Juice	4oz Mixed Fruit	6oz Apple Juice	4oz Pineapple Bits	1 pk Trad Chex		
Other								6oz Apple Juice		
Week of 4/6										
Grain	1 Apple Cinn Muffin	1 pk Pretzels 1 Cheesestick	1oz Crispy Rice	1pk Goldfish	1 Apple Cinn Muffin	1 pk Churro Crackers	1oz Trix	1pk Cheez Its	1 Apple Cinn Muffin	1pk Ritz Bits
Dairy	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	
Fruit/Veg.	4oz Apple Sauce	1 pk Tostitos w/ Salsa	4oz Pineapple Bits		4oz Pears		4oz Mixed Fruit		4oz Apple Sauce	
Other		6 oz White Grape		6oz White Grape		6oz Apple Juice		6 oz White Grape		6oz Apple Juice
Week of 4/13										
Grain	1oz Trix	1pk Sports Bites	1 Combread Muffin	1pk Ched Chex	1oz Crispy Rice	1pk Goldfish	1 Combread Muffin	1 pk Pretzels	1oz Trix	1 pk Trad Chex
Dairy	8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk		8 oz. 1% Milk	1 Cheesestick	8 oz. 1% Milk	6 oz White Grape
Fruit/Veg.	4 oz Pineapple Bits	6oz White Grape	4oz Pears	6oz Apple Juice	4oz Mixed Fruit	6oz White Grape	4oz Apple Sauce	6 oz Apple Juice	4oz Pears	
Other										
Week of 4/20										
Grain	1 Apple Cinna	1 pk Goldfish	1oz Crispy Rice	1pk Ritz Bits	1 Apple Cinna	1pk Sports Bites	1oz Trix	1 pk Cheez Its	1 Apple Cinna	1pk Churro Crackers
Dairy	8oz 1% Milk	6oz White Grape	8oz 1% Milk	6oz White Grape	8 oz. 1% Milk	6oz White Grape	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6oz White Juice
Fruit/Veg.	4oz Pears		4oz Mixed Fruit		4oz Applesauce		4oz Pineapple Bits		4oz Pears	
Other										
Week of 4/27										
Grain	1oz Crispy Rice	1pk Trad Sun Chips	1 Apple Cinna	1pk Sports Bites	1oz Trix	1pk Popcorn	1 Apple Cinna	1 pk Goldfish	1oz Crispy Rice	1 pk Pretzels
Dairy	8oz 1% Milk	6oz White Grape	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	6oz White Grape	8oz 1% Milk	6 oz Apple Juice	8oz 1% Milk	6oz White Grape
Fruit/Veg.	4oz Mixed Fruit		4oz Pears		4oz Pineapples		4oz Pears		4oz Applesauce	
Other										

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