



LIFESPAN SCHOOL-AGE / SUMMER CAMP MENU

JULY 2026



	Monday		Tuesday		Wednesday		Thursday		Friday	
Week Of	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM	BREAKFAST	AM/PM
7/1-7/3					1 oz Cinna Toast	1pk Trad Sun Chips	1 oz Kix Cereal	1 pk Sports Bites	CLOSED for 4th of July	
Grain					8 oz. 1% Milk, 4oz Pineapple Bits	6oz Grape Juice	4oz Mixed Fruit	6oz Apple Juice		
Dairy						1 pk Goldfish	4 oz Mixed Fruit	1 pk Cheez-Its		
Fruit/Veg.						6 oz Apple Juice	6oz White Grape			
Other										
7/6-7/10										
Grain	1oz Trix	1 pk Goldfish	1oz Cinna Toast Crunch	1pk Cheez Its	1oz.Kix	1 pk Ritz Bits	1oz Trix Cereal	1 pk Popcorners	1oz Cinna Toast	1 pk Ched Chex
Dairy	8 oz. 1% Milk	6oz White Grape	8oz 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6 oz White Grape
Fruit/Veg.	4 oz Pineapples	1pk Sports Bites	4 oz Pears	1 pk Churro Crackers	4oz Mixed Fruit	1 pk Pretzels	4oz Applesauce	1 pk Trad Chex	4oz Mandarin Oranges	Trad Sun Chips
Other		6oz Apple Juice		6oz Apple Juice		6oz White Grape		6oz White Grape		6oz Apple Juice
7/13-7/17										
Grain	1oz Cinna Toast Crunch	1pk Cheez Its	1oz. Kix 4oz. Mandarin Oranges	1pk Goldfish	1oz Trix Cereal	1 pk Ched Chex	1oz Cinna Toast	1 pk Trad Chex	1oz Kix	1 pk Churro Crackers
Dairy	8oz 1% Milk	6 oz Apple Juice	8oz 1% Milk	6 oz White Grape	8oz 1% Milk	6oz Apple Juice	8 oz. 1% Milk, 4oz Pineapples	6oz Grape Juice	8oz 1% Milk	6oz Apple Juice
Fruit/Veg.	4oz Pears	1pk Pretzels		1 pk Popcorners	4oz Applesauce	1pk Sports Bites		1pk Goldfish	4 oz Mixed Fruit	1 pk Ritz Bits
Other		6oz White Grape		6oz Apple Juice		6oz White Grape		6 oz Apple Juice		6oz White Grape
7/20-7/24										
Grain	1oz. Trix	1 pk Popcorners	1oz Kix Cereal	1 pk Sports Bites	1 oz Cinna Toast	1 pk Pretzels	1oz Kix Cereal	1pk Trad Sun Chips	1 oz Cinna Toast	1 pk Ritz Bits
Dairy	8 oz. 1% Milk,	6oz Apple Juice	8 oz. 1% Milk	6oz Grape Juice	8oz 1% Milk	6oz Apple Juice	8 oz. 1% Milk, 4oz Pineapple	6oz Grape Juice	8oz 1% Milk	6oz Apple Juice
Fruit/Veg.	4 oz. Pears	1 pk Trad Chex	4oz Mandarin Oranges	1pk Cheez Its	4oz Applesauce	1 pk Ched Chex		1 pk Goldfish	4 oz Mixed Fruit	1 pk Cheez-Its
Other		6oz White Grape		6oz Apple Juice		6oz White Grape		6 oz Apple Juice		6oz White Grape
7/27-7/31										
Grain	1oz Kix Cereal	1 pk Pretzels	1 oz Trix Cereal	1pk Churro Crackers	1oz Cinna Toast Crunch	1 pk Goldfish	1oz Kix Cereal	1 pk Ritz Bits	1 oz Trix Cereal	1 pk Ched Chex
Dairy	8 oz. 1% Milk	6oz White Grape	8oz 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6oz Apple Juice	8 oz. 1% Milk	6 oz Apple Juice	8 oz. 1% Milk	6 oz White Grape
Fruit/Veg.	4 oz Pineapples	1pk Trad Sun Chips	4 oz Pears	1 pk Sports Bites	4oz Mixed Fruit	1 pk Trad Chex	4oz Applesauce	1 pk Popcorners	4oz Mixed Fruit	1 pk Cheez Its
Other		6oz Apple Juice		6oz White Grape		6oz White Grape		6oz White Grape		6oz Apple Juice

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

This institution is an equal opportunity provider.