QUAKERTOWN LIFESPAN SCHOOL AGE
NOVEMBER SNACK MENU 2026

	Monday		Tuesday		Wednesday		Thursday		Friday	
11/2-11/6	**BREAKFAST**	**PM**	**BREAKFAST**	**AM/PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**
Grain	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1 pk Garden Salsa Sunchips 6oz Apple Juice	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Pretzels 1 Cheese stick 6oz Apple Juice	1oz Cereal 8oz 1% Milk 4oz Pineapples	1 pk Teddy Grahams 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Peaches	1pk Trad Chex 6oz Apple Juice	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Cheez-Its 6oz Apple Juice
Dairy				1 pk Goldfish Crackers 6oz Apple Juice						
Fruit/Veg.										
Other				**Holiday Care**						
11/9-11/13	**BREAKFAST**	**AM/PM**	**BREAKFAST**	**AM/PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**
Grain	1oz Cereal 8oz 1% Milk 4oz Mandarin Oranges	1 pk Popcorn 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1 pk Sun Chips 6oz Apple Juice	1oz Cereal 8oz 1% Milk 4oz Applesauce	1 pk Trad Chex 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Peaches	1 pk Pretzels 1 Cheese stick 6oz Apple Juice	1oz Cereal 8oz 1% Milk 4oz Pineapples	1 pk Goldfish Crackers 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
11/16-11/20	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**
Grain	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Ritz Bits 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mango Fruit	1 pk Teddy Grahams 6oz Milk	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Ched Goldfish 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mandarin Oranges	1 pk Pretzels 1 Cheese stick 6oz Apple Juice	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Trad Chex 6oz Apple Juice
Dairy										
Fruit/Veg.										
Other										
11/23-11/27	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**	**BREAKFAST**	**PM**
Grain	1oz Cereal 8oz 1% Milk 4oz Applesauce	1 pk Ranch Fantastix 6oz Apple Juice	1 pk Granola Bar 8oz 1% Milk 1 Yogurt	1 pk Ched Sun Chips 6oz Apple Juice	1 Choc. Chip Muffin, 8oz 1%Milk, 4oz Mixed Fruit	1 pk Cheez-Its 6oz White Grape	**CLOSED**	**CLOSED**	**CLOSED**	**CLOSED**
Dairy						1 pk Ched Goldfish 6oz Apple Juice				
Fruit/Veg.				**1/2 DAY QCSD HOLIDAY CARE**						
Other						**HOLIDAY CARE**				

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.