

QUAKERTOWN LIFESPAN SCHOOL AGE

OCTOBER SNACK MENU 2026

	Monday		Tuesday		Wednesday		Thursday		Friday	
10/1-10/2							BREAKFAST	PM	BREAKFAST	PM
Grain							Cinna Toast Crunch 8oz 1%Milk 4oz Mixed Fruit	1 pk Cheez Its 6oz Apple Juice	1oz Cheerios 8oz 1%Milk 4oz Pears	1 pk Animal Crackers 6oz Milk
Dairy										
Fruit/Veg.										
Other										
10/5-10/9	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Muffin 8 oz 1% Milk 4oz Applesauce	1pk Traditional Sun Chips 6oz Apple Juice	1pk Cocoa Puffs 8oz 1%Milk, 4oz Pineapples	1 pk Ched Chex 6oz Apple Juice	1 Muffin 8oz 1%Milk 4oz Pears	1pk White Ched Popcorn 6oz Apple	1oz Trix 8 oz 1% Milk 4oz Mixed Fruit	1 pk Ritz Bits Cheese Crackers 6oz Apple Juice	NutriGrain Bar, Yogurt 8 oz 1% Milk 4oz Applesauce	1pk Teddy Grahams 6oz Apple
Dairy										
Fruit/Veg.										
Other										
10/12-10/16	BREAKFAST	AM/PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Cheerios 8 oz 1% Milk 4oz Mixed Fruit	Garden Salsa Sun Chips 6oz Apple Juice	NutriGrain Bar Yogurt 8oz 1%Milk 4oz Pineapples	1 pk Pretzel Goldfish 1 Cheesestick 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Applesauce	1 pk Cheez Its 6oz Apple Juice	1pk Kix 8oz 1%Milk, 4oz zMixed Fruit	1 pk Goldfish 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Applesauce	1 pk Traditional Chex 6oz Apple Juice
Dairy		1pk Vanilla Chat Snax 6oz Apple Juice								
Fruit/Veg.										
Other	HOLIDAY CARE	HOLIDAY CARE								
10/10-10/23	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1oz Cinna Toast Crunch 8oz 1%Milk 4oz Applesauce	1 pk White Ched Popcorn 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Mixed Fruit	1 pk Garden Salsa Chips 6oz Apple Juice	1oz Kix 8oz 1%Milk 4oz Pineapples	1pk Traditional Sun Chips 6oz White Grape	1 NutriGrain Bar Yogurt 8 oz 1% Milk 4oz Applesauce	1 pk Pretzels, 1 Cheesestick 6oz Apple Juice	1pk Cocoa Puffs 8oz 1%Milk, 4oz Mixed Fruit	1 pk Goldfish 6oz White Grape Juice
Dairy										
Fruit/Veg.										
Other										
10/26-10/30	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM	BREAKFAST	PM
Grain	1 Muffin 8 oz 1% Milk 4oz Pineapples	1pk Animal Crackers 6oz Apple Juice	1oz Trix 8oz 1%Milk 4oz Applesauce	1 pk Cheez Its 6oz Apple Juice	1pk Cheerios 8oz 1%Milk 4oz Mixed Fruit	1pk Vanilla Chat Snax 6oz Apple Juice	1 Muffin 8 oz 1% Milk 4oz Applesauce	1 pk Ched Chex 6oz Apple Juice	1 NutriGrain Bar Yogurt 8 oz 1% Milk 4oz Pineapples	1pk Traditional Sun Chips 6oz Apple Juice
Dairy										
Fruit/Veg.										
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