

## CFS April 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Casserole V: Veggie Casserole Hawaiian Roll Corn on the Cob Fresh Fruit 1% Milk	Cheese Enchilada V: Mexican Rice Refried Beans Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Peas Fresh Fruit 1% Milk	Baked Chicken V: Mozzarella Sticks Steamed Rice Green Beans Fresh Fruit 1% Milk	<b>Good Friday CFS Closed</b>
Pesto Pasta V: Cheesy Bread Mixed Veggies Fresh Fruit 1% Milk	Chicken Stir Fry V: Veggie Stir Fry Steamed Rice Chinese Spinach Fresh Fruit 1% Milk	Spaghetti w/ Turkey Meatballs Spaghetti w/ Marinara Garlic Bread Cauliflower Fresh Fruit 1% Milk	Cheese Quesadilla V: Lemon Rice Tortilla Corn Soup Fresh Fruit 1% Milk	Macaroni & Cheese V: Hawaiian Roll Broccoli Fresh Fruit 1% Milk
Breaded Chicken Sandwich V: Breaded Eggplant Sandwich Potato Soup Broccoli Fresh Fruit 1% Milk	Turkey Lasagna V: Veggie Lasagna Hawaiian Roll Corn Fresh Fruit 1% Milk	Creamy Tomato Penne V: Cream of Broccoli Cauliflower Fresh Fruit 1% Milk	Turkey Meatloaf V: Breaded Veggies Mashed Potatoes Steamed Carrots Fresh Fruit 1% Milk	Cheese Tortellini V: Garlic Bread Mixed Veggies Fresh Fruit 1% Milk
Bean & Cheese Burrito V: Mexican Rice Corn Fresh Fruit 1% Milk	Chicken Alfredo V: Alfredo Pasta Garlic Bread Mixed Veggies Fresh Fruit 1% Milk	Turkey Sloppy Joe's V: Veggie Sloppy Joe's Dinner Roll Peas Fresh Fruit 1% Milk	Cheese Pizza V: Potato and Wild Rice Soup Corn Fresh Fruit 1% Milk	Grilled Cheese V: Tomato Soup Peas Fresh Fruit 1% Milk
Turkey & Cheese Sandwich V: Cheese Sandwich Corn Chowder Roasted Veggies Fresh Fruit 1% Milk				

Lunch Served 11:30-12:00pm for infant and 12:00-12:30pm for preschool and school age  
 Minimum Requirement: Milk 1/2cup, Meat or Meat Alternative 4.0 ounce, Fruit and Vegetables 1/2cup, Pasta and grain 1/2 cup, Soup 1/2 cup, Bread 1 slice  
 Fresh Fruit Includes: Apples, Bananas, Pears, Oranges, Pineapple, Cantaloupe, Honeydew, Grapes, Tangerines, Watermelon, Strawberries and Seasonal Fruits  
 Vegetarian option available at all meals

## CFS April 2012 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Kix Cereal Oranges 1% Milk	3 Waffle Cantaloupe 1% Milk	4 Fruit Bar Pears 1% Milk	5 Graham Crackers Apples 1% Milk	6  Good Friday CFS Closed
9 French Toast Honeydew 1% Milk	10 Wheat Thins String Cheese 1% Milk	11 Rice Cake Applesauce 1% Milk	12 Strawberry Bunches of Oats Oranges 1% Milk	13 English Muffin w/ Jam Banana 1% Milk
16 Hawaiian Roll Oranges 1% Milk	17 String Cheese Apples 1% Milk	18 Pancakes Banana 1% Milk	19 Vanilla Wafer Peach Yogurt 1% Milk	20 Multi Grain Cheerios Pears 1% Milk
23 Breadstick Strawberry Yogurt 1% Milk	24 Toast w/ Jam Banana 1% Milk	25 Friendship Cereal Honeydew 1% Milk	26 Goldfish Apples 1% Milk	27 Ritz Cracker Mixed Fruit 1% Milk
30 Bagel and Cream Cheese Cantaloupe 1% Milk				

AM Snack Served 9:00-9:30am

Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice

## CFS April 2012 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheddar Pretzel Apples 1% Milk	3 Animal Crackers Banana 1% Milk	4 Bread Stick Vanilla Yogurt 1% Milk	5 Chex Mix Mix Fruit 1% Milk	6 <b>Good Friday</b> <b>CFS Closed</b>
9 Strawberry Cream Pinwheels Banana 100% Apple Juice	10 Goldfish Cantaloupe 1% Milk	11 French Bread Spinach Dip 1% Milk	12 Cheez-It Crackers Pears 1% Milk	13 Ritz Cracker String Cheese 1% Milk
16 Waffle Pears 1% Milk	17 Graham Crackers Cantaloupe 1% Milk	18 English Muffin Pizza Turkey Pepperoni 1% Milk	19 Veggie Sticks Banana 1% Milk	20 Apple Cinnamon Muffin Mixed Fruit 1% Milk
23 Carrot & Celery Sticks Onion Dip 1% Milk	24 Wheat Thins Bean and Cheese Dip 1% Milk	25 Friendship Crackers Cheese Cubes 100% Apple Juice	26 Hawaiian Rolls Pears 1% Milk	27 Teddy Graham Mixed Fruit 1% Milk
30 Soft Pretzel Cheese Dip 1% Milk				

PM Snack Served 3:00-3:30pm

Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice