

## CFS April 2013 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Corn Fresh Fruit 1%Milk	2 Turkey Cheese Sandwiches V: Cheese Sandwiches String Cheese Cucumber Fresh Fruit 1%Milk	3 Parmesan Pasta V: Hawaiian Roll Carrot Fresh Fruit 1%Milk	4 BBQ Chicken V: BBQ Tofu Steamed Rice Broccoli Fresh Fruit 1% Milk	5 Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Garlic Bread Mixed Veggies Fresh Fruit 1%Milk
8 Creamy Tomato Penne V: Cheesy Bread Cauliflower Fresh Fruit 1%Milk	9 Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Stir Fry Broccoli Fresh Fruit 1%Milk	10 Turkey Meatloaf V: Veggie Meatloaf Hawaiian Roll Mashies Potato & Gravy Fresh Fruit 1%Milk	11 Chicken Stroganoff V: Mushroom Stroganoff Garlic Bread Carrot Fresh Fruit 1%Milk	12 Parmesan Chicken V: Mozzarella Cheese Sticks Steamed Rice Broccoli Fresh Fruit 1% Milk
15 Turkey Lasagna V: Veggie Lasagna Dinner Roll Carrot Fresh Fruit 1% Milk	16 Chicken Enchilada V: Cheese Enchilada Mexican Rice Corn Fresh Fruit 1%Milk	17 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Broccoli Fresh Fruit 1%Milk	18 Chicken Chow Mein V: Vegetarian Chow Mein Tofu Corn Soup Sauteed Broccoli Fresh Fruit 1% Milk	19 Fettuccini Alfredo V: Cheesy Bread Cauliflower Fresh Fruit 1%Milk
22 Butter Herb Pasta V: Hawaiian Roll Cauliflower Fresh Fruit 1%Milk	23 Chicken Stir Fry V: Tofu Stir Fry Steamed Rice Chinese Spinach (Gai Lan) Fresh Fruit 1%Milk	24 Grilled Cheese Sandwiches V: Creamy Tomato Soup Cucumber Salad Fresh Fruit 1%Milk	25 Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Mixed Veggie Fresh Fruit 1% Milk	26 Mac and Cheese V: Garlic Bread Broccoli Fresh Fruit 1% Milk
29 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Broccoli Fresh Fruit 1%Milk	30 Lemon Pasta V: Dinner Roll Mixed Veggie 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 2013 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Graham Cracker Apples 1% Milk	2 Hawaiian Roll Pears 1% Milk	3 Rice Cake Applesauce 1% Milk	4 Ritz Crackers Melons 1% Milk	5 Cheerios Bananas 1% Milk
8 String Cheese Apples 1% Milk	9 Friendship Crackers Pears 1% Milk	10 Breadstick Strawberry Yogurt 1% Milk	11 Life Cereal Cantaloupe 1% Milk	12 Banana Pancake Oranges 1% Milk
15 English Muffin Applesauce 1% Milk	16 Goldfish Bananas 1% Milk	17 MultiGrain Cheerios Apples 1% Milk	18 Wheat Thins String Cheese 1% Milk	19 Graham Cracker Vanilla Yogurt 1% Milk
22 Granola Vanilla Yogurt 1% Milk	23 Kix Pears 1% Milk	24 Ritz Cracker Pears 1% Milk	25 Waffles Oranges 1% Milk	26 MultiGrain Crackers Honeydew 1% Milk
29 Friendship Cereal Bananas 1% Milk	30 Bagel Cream Cheese 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 2013 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Waffle Pears 1% Milk	2 Wheat Thins Bean Dip 1% Milk	3 Gold Fish String Cheese 1% Milk	4 Kix Bananas 1% Milk	5 Mix Veggies Ranch Dip 1% Milk
8 Cheez-It Crackers Honeydew 1% Milk	9 Blueberry Muffins 1% Milk	10 MultiGrain Crackers Spinach Dip 1% Milk	11 English Muffin Pizza Turkey Pepperoni 1% Milk	12 Cheddar Pretzel Watermelon 1% Milk
15 French Bread Spinach Dip 1% Milk	16 Chex Mix Pears 1% Milk	17 Bread Sticks Bananas 1% Milk	18 Hawaiian Roll Honeydew 1% Milk	19 Banana Muffins 1% Milk
22 MultiGrain Cheerios Honeydew 1% Milk	23 English Muffin Strawberry Jam 1% Milk	24 Graham Crackers Bananas 1% Milk	25 Wheat Thins Onion Dip 1% Milk	26 Pretzel Sticks Fruit Smoothies
29 Ritz Crackers String Cheese 1% Milk	30 Gold Fish Melons 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