

CFS December 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Parmesan Pasta V: Hawaiian Rolls Carrot Fresh Fruit 1% Milk	Cheese Quesadilla V: Mexican Rice Corn Fresh Fruit 1%Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Sautéed Green Bean Fresh Fruit 1%Milk	Fettuccini Alfredo V: Garlic Bread Broccoli Fresh Fruit 1% Milk	Baked Chicken V: Baked Veggies Steamed Rice Cauliflower Fresh Fruit 1% Milk
Grilled Cheese Sandwiches V: Creamy Tomato Soup Mixed Veggies Fresh Fruit 1%Milk	Turkey Lasagna V: Veggie Lasagna Hawaiian Rolls Green Bean Fresh Fruit 1%Milk	Parmesan Chicken V: Parmesan Eggplant Steamed Rice Carrot Fresh Fruit 1%Milk	Butter Herb Pasta V: Garlic Bread Cauliflower Fresh Fruit 1%Milk	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Broccoli Fresh Fruit 1% Milk
Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Broccoli Fresh Fruit 1% Milk	Creamy Tomato Penne V: Cheesy Bread Cauliflower Fresh Fruit 1%Milk	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Mixed Veggie Fresh Fruit 1%Milk	Chicken Enchilada V: Cheese Enchilada Mexican Rice Black Bean Fresh Fruit 1%Milk	Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Garlic Bread Carrot Fresh Fruit 1%Milk
24	25	26	27	28
CFS Closed For the Holidays We Wish You A Merry Christmas and A Happy New Year!				
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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 December 2012 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Life Cereal Bananas 1% Milk	4 Rice Cake Applesauce 1% Milk	5 Hawaiian Roll Oranges 1% Milk	6 Graham Cracker Vanilla Yogurt 1% Milk	7 Ritz Cracker Pears 1% Milk
10 Goldfish Apples 1% Milk	11 Waffles Honeydew 1% Milk	12 Cheerios Oranges 1% Milk	13 Breadstick Strawberry Yogurt 1% Milk	14 Friendship Cracker Melon 1% Milk
17 Wheat Thins String Cheese 1% Milk	18 Kix Cantaloupe 1% Milk	19 Club Cracker Honeydew 1% Milk	20 English Muffin and Jam Applesauce 1% Milk	21 Pancake Oranges 1% Milk

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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 December 2012 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheddar Biscuit Honeydew 1% Milk	4 Banana Muffins Apples 1% Milk	5 Cheddar Pretzel String Cheese 1% Milk	6 Banana Tortilla Rolls 1% Milk	7 Kix Mixed Fruit 1% Milk
10 English Muffin Pizza Turkey Pepperoni 1% Milk	11 Ritz Cracker Vanilla Yogurt 1% Milk	12 Club Crackers Pears 1% Milk	13 Blueberry Muffins Banana 1% Milk	14 Cheez-It Crackers Apples 1% Milk
17 MultiGrain Cheerios Pears 1% Milk	18 Wheat Thins Bean Dip 1% Milk	19 Waffle Apples 1% Milk	20 Graham Crackers Banana 1% Milk	21 Gold Fish Mixed Fruit 1% Milk

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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