

CFS July 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Casserole V: Veggie Casserole Hawaiian Roll Corn on the Cob Fresh Fruit 1% Milk	Spaghetti w/ Turkey Meatballs Spaghetti w/ Marinara Garlic Bread Broccoli Fresh Fruit 1% Milk	4th of July CFS Closed	Homemade Cheese Pizza V: String Cheese Cucumber Slices Fresh Fruit 1%Milk	Chicken Alfredo Pasta V: Alfredo Pasta Garlic Bread Corn Fresh Fruit 1% Milk
9	10	11	12	13
Parmesan Pasta V: Garlic Bread Mixed Veggies Fresh Fruit 1%Milk	Chicken Teriyakie V: Veggie Teriyakie Steamed Rice Carrot Slices Fresh Fruit 1%Milk	Mac and Cheese V: Hawaiian Roll Corn on the Cob Fresh Fruit 1%Milk	Cheese Quesadilla V: Tortilla Soup Broccoli Fresh Fruit 1%Milk	Baked Chicken V: Baked Veggies Steamed Rice Corn Fresh Fruit 1% Milk
16	17	18	19	20
Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Peas Fresh Fruit 1% Milk	Turkey Lasagna V: Veggie Lasagna Garlic Bread Corn on the Cob Fresh Fruit 1%Milk	Creamy Tomato Penne V: Spinach Soup Cauliflower Fresh Fruit 1%Milk	Cheese Ravioli with cream sauce V: Garlic Bread Steamed Carrots Fresh Fruit 1%Milk	Turkey Cheese Sandwiches V: Cheese Sandwiches Cream of Broccoli Soup Mixed Veggies Fresh Fruit 1%Milk
23	24	25	26	27
Homemade Cheese Pizza V: Cream of Broccoli Soup Corn Fresh Fruit 1%Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Mixed Veggies Fresh Fruit 1%Milk	Fettuccini Alfredo V: Garlic Bread Broccoli Fresh Fruit 1%Milk	Spaghetti w/ Turkey Meatballs Spaghetti w/ Marinara Garlic Bread Carrot slices Fresh Fruit 1% Milk	Parmesan Pasta V: Garlic Bread Carrot Fresh Fruit 1% Milk
30	31			
Butter Herb Pasta V: Hawaiian Roll Peas Fresh Fruit 1%Milk	Pesto Pasta V: Cheesy Bread Mixed 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 July 2012 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 English Muffin w/ Jam Applesauce 1% Milk	3 Honey Bunches of Oats Melon 1% Milk	4 4th of July CFS Closed	5 Graham Cracker Bananas 1% Milk	6 Wheat Thins Apples 1% Milk
9 Breadstick Strawberry Yogurt 1% Milk	10 Fruit Bar Bananas 1% Milk	11 Life Cereal Cantaloupe 1% Milk	12 Bagel & Cream Cheese Oranges 1% Milk	13 Club Cracker Mixed Fruit 1% Milk
16 String Cheese Apples 1% Milk	17 Cheerios Oranges 1% Milk	18 Waffles Bananas 1% Milk	19 Ritz Cracker Peach Yogurt 1% Milk	20 Hawaiian Roll Watermelon 1% Milk
23 Toast w/ Jam Oranges 1% Milk	24 Graham Cracker Vanilla Yogurt 1% Milk	25 Friendship Cereal Honeydew 1% Milk	26 Rice Cake Applesauce 1% Milk	27 Wheat Thins String Cheese 1% Milk
30 Goldfish Apples 1% Milk	31 Friendship Cracker Bananas 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 July 2012 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ritz Crackers Vanilla Yogurt 1% Milk	3 Gold Fish Crackers Pears 1% Milk	4 4th of July CFS Closed	5 Cheddar Pretzel Watermelon 1% Milk	6 Kix Cereal Cantaloupe 1% Milk
9 Waffles Watermelon 1% Milk	10 Multigrain Cheerios Honeydew 1% Milk	11 Graham Crackers Apples 1% Milk	12 Cheez-It Crackers Pears 1% Milk	13 Ritz Crackers Vanilla Yogurt 1% Milk
16 Pretzel Sticks Cheese Dip 1% Milk	17 Chex Mix Pears 1% Milk	18 English Muffin Pizza Turkey Pepperoni 1% Milk	19 Gold Fish Crackers Mixed Fruit 1% Milk	20 Wheat Thins Spinach Dip 1% Milk
23 Bagel w/ Cream Cheese Pears 1% Milk	24 Club Crackers Watermelon 1% Milk	25 Ritz Cracker String Cheese 1% Milk	26 Strawberry Cream Pinwheels Apples 1% Milk	27 Friendship Crackers Mixed Fruit 1% Milk
30 Cheez-It Crackers Apples 1% Milk	31 Graham Crackers Applesauce 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