

CFS March 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Baked Chicken V: Mozzarella Cheese Stick Rice Green Beans Fresh Fruit 1%Milk	Lemon Herb Pasta V: Garlic Bread Carrots Fresh Fruit 1%Milk
5	6	7	8	9
Cheese Ravioli V: Dinner Roll Green Beans Fresh Fruit 1%Milk	Pasta & Bean Soup V: Garlic Bread Broccoli Fresh Fruit 1%Milk	Turkey Casserole V: Veggie Casserole French Bread Peas Fresh Fruit 1%Milk	Organic Macaroni & Cheese V: Hawaiian Roll Corn On the Cob Fresh Fruit 1%Milk	Turkey & Cheese Sandwich V: Cheese Sandwich Baked Potato Wedges Carrot Sticks Fresh Fruit 1% Milk
12	13	14	15	16
Chicken Noodle Soup V: Veggie Noodle Soup Cheddar Biscuit Broccoli Fresh Fruit 1% Milk	Bean & Cheese Burrito V: Tortilla Soup Corn Fresh Fruit 1%Milk	Turkey Lasagna V: Veggie Lasagna French Bread Peas Fresh Fruit 1%Milk	Chichen Enchilada V: Cheese Enchilada Mexican Rice Black Bean Fresh Fruit 1%Milk	Parmesan Crusted Chicken V: Parmesan Crusted Veggies Steamed Rice Steamed Carrots Fresh Fruit 1%Milk
19	20	21	22	23
Grilled Cheese Sandwich V: Tomato Soup Green Bean Fresh Fruit 1%Milk	Turkey Chili V: Veggie Chili Cornbread Muffins Peas Fresh Fruit 1%Milk	Parmesan Pasta V: French Bread Broccoli Cheddar Soup Fresh Fruit 1%Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Corn Fresh Fruit 1% Milk	Spaghetti & Marinara Sauce V: Garlic Bread Green Bean Fresh Fruit 1%Milk
26	27	28	29	30
Chicken Quesadilla V: Cheese Quesadilla Mexican Rice Corn Fresh Fruit 1%Milk	Creamy Tomato Penne V: French Bread Edamame Fresh Fruit 1%Milk	Bake Chicken V: Mozzarella Cheese Stick Steamed Rice Cauliflower Fresh Fruit 1% Milk	Fettuccine Alfredo V: Cheesy bread Slices Peas Fresh Fruit 1%Milk	Turkey Meatloaf V: Veggie Meatloaf Dinner Roll Steamed Carrot 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 March 2012 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Animal Cracker Apple 1% Milk	2 Cheerios Banana 1% Milk
5 Life Cereal Cantaloupe 1% Milk	6 Hawaiian Roll Apple 1% Milk	7 Bread Stick Peach Yogurt 1% Milk	8 English Muffin/Jam Applesauce 1% Milk	9 Waffle Pear 1% Milk
12 Goldfish Cracker Banana 1% Milk	13 Friendship Cereal 1% Milk	14 Vanilla Yogurt Orange 1% Milk	15 Bagel Cream Cheese 1% Milk	16 Graham Crackers Strawberry Yogurt 1% Milk
19 Animal Cracker String Cheese 1% Milk	20 French Toast Pear 1% Milk	21 MultiGrain Cheerios Banana 1% Milk	22 Friendship Crackers Apple 1% Milk	23 Pancake Honeydew 1% Milk
26 Toast & Jam Orange 1% Milk	27 Fruit Bars Vanilla Yogurt 1% Milk	28 Kix Cereal Banana 1% Milk	29 Peach Yogurt Cantaloupe 1% Milk	30 Teddy Graham Cracker Orange 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 March 2012 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			French Bread Spinach Dip 100% Apple Juice	Soft Pretzel Cheese Dip 1% Milk
5	6	7	8	9
Teddy Graham Pear 1% Milk	Wheat Thin Cracker Bean&Cheese Dip 1% Milk	String Cheese Bannana 1% Milk	Ritz Cracker Vanilla Yogurt 1% Milk	Graham Crackers Applesauce 1% Milk
12	13	14	15	16
Fruit Bars Vanilla Yogurt 1% Milk	MultiGrain Cracker String Cheese 1% Milk	Apple Sliced Cheese 1% Milk	Wheat Thins Pear 1% Milk	Fruit smoothie Pretzel Stick 1% Milk
19	20	21	22	23
Goldfish Pears 1% Milk	Hawaiian Roll Apple 1% Milk	Pear Pinwheels 100% Apple Juice	Ritz Cracker Bannana 1% Milk	English Muffin/Jam Mix Fruit 1% Milk
26	27	28	29	30
Bagel Cream Cheese 1% Milk	English Muffin Pizza Turkey Pepperoni 100% Orange Juice	String Cheese Pears 1% Milk	Cheese It Cracker Apple 1% Milk	Vanilla Wafer Strawberry Yogurt 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