

CFS March 2013 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Butter Herb Pasta V: Hawaiian Roll Cauliflower Fresh Fruit 1% Milk
4	5	6	7	8
Cheese Quesadilla V: Mexican Rice Corn Fresh Fruit 1%Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Stir Fry Bok Choy Fresh Fruit 1%Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Mixed Veggie Fresh Fruit 1%Milk	Grilled Cheese Sandwiches V: Creamy Tomato Soup Mixed Veggie Fresh Fruit 1%Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Broccoli Fresh Fruit 1% Milk
11	12	13	14	15
Spaghetti w/ Turkey Meat Sauce V: Spaghetti w/ Marinara Garlic Bread Cauliflower Fresh Fruit 1% Milk	Parmesan Pasta V: Garlic Bread Mixed Veggie Fresh Fruit 1%Milk	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Broccoli Fresh Fruit 1%Milk	Turkey Meatloaf V: Veggie Meatloaf Hawaiian Roll Mashes Potato & Gravy Fresh Fruit 1%Milk	Fettuccini Alfredo V: Cheesy Bread Cauliflower Fresh Fruit 1%Milk
18	19	20	21	22
Creamy Tomato Penne V: Cheesy Bread Cauliflower Fresh Fruit 1%Milk	Chicken Stir Fry V: Veggie Stir Fry Steamed Rice Spinach Soup Fresh Fruit 1%Milk	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Mixed Veggie Fresh Fruit 1%Milk	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Broccoli Fresh Fruit 1% Milk	Mac and Cheese V: Creamy Potato Soup Mixed Veggies Fresh Fruit 1% Milk
25	26	27	28	29
Chicken Casserole V: Veggie Casserole Dinner Roll Cauliflower Fresh Fruit 1%Milk	Turkey Lasagna V: Veggie Lasagna Dinner Roll Carrot Fresh Fruit 1%Milk	Chicken Enchilada V: Cheese Enchilada Mexican Rice Corn Fresh Fruit 1%Milk	Chicken Chowmein V: Vegetarian Chowmein Sweet and Soup Soup Broccoli Fresh Fruit 1%Milk	CFS Closed For Good Friday

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 2013 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Kix Bananas 1% Milk
4 Breadstick Strawberry Yogurt 1% Milk	5 Friendship Crackers Pears 1% Milk	6 Bagel & Cream Cheese Oranges 1% Milk	7 Goldfish Bananas 1% Milk	8 Cheerios Apples 1% Milk
11 String Cheese Apples 1% Milk	12 Pancake Bananas 1% Milk	13 Life Cereal Cantaloupe 1% Milk	14 Ritz Cracker Pears 1% Milk	15 Granola Vanilla Yogurt 1% Milk
18 Rice Cake Applesauce 1% Milk	19 Cheez-It Crackers Melons 1% Milk	20 Toast w/ Jam Bananas 1% Milk	21 Waffles Oranges 1% Milk	22 Wheat Thins String Cheese 1% Milk
25 Friendship Cereal Bananas 1% Milk	26 Graham Cracker Yogurt 1% Milk	27 English Muffin and Jam Applesauce 1% Milk	28 French Toast Honeydew 1% Milk	29 CFS Closed For Good Friday

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 2013 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Rice Cake Pear 1% Milk
4 Wheat Thins Bean Dip 1% Milk	5 Cheddar Biscuit Honeydew 1% Milk	6 Chex Mix Pear 1% Milk	7 French Bread Spinach Dip 1% Milk	8 Graham Cracker Mixed Fruit 1% Milk
11 MultiGrain Cheerios Honeydew 1% Milk	12 Blueberry Muffins Pear 1% Milk	13 Waffle Banana 1% Milk	14 MultiGrain Crackers Apple 1% Milk	15 Cheez-It Cracker String Cheese 1% Milk
18 Ritz Cracker Apple 1% Milk	19 English Muffin Pizza Turkey Pepperoni 1% Milk	20 Breadstick Mixed Fruit 1% Milk	21 Cheerios Pear 1% Milk	22 Gold Fish Honeydew 1% Milk
25 Cheddar Pretzel String Cheese 1% Milk	26 Wheat Thins Spinach Dip 1% Milk	27 Pretzel Stick Fruit Smoothies	28 Banana Muffin 1% Milk	29 CFS Closed For Good Friday

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