

CFS May 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Macaroni & Cheese V: Dinner Roll Peas Fresh Fruit 1% Milk	2 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Cauliflower Fresh Fruit 1% Milk	3 Cheese Ravioli V: Garlic Bread Broccoli Fresh Fruit 1% Milk	4 Egg Salad Sandwich V: Cheese Sandwich Broccoli Soup Carrot & Celery Sticks Fresh Fruit 1% Milk
7 Chicken Noodle Soup V: Veggie Noodle Soup Biscuit Peas Fresh Fruit 1% Milk	8 Turkey Meatloaf V: Breaded Veggies Mashed Potatoes Corn Fresh Fruit 1% Milk	9 Creamy Tomato Penne V: Spinach Soup Cauliflower Fresh Fruit 1% Milk	10 Chicken Parmesan V: Eggplant Parmesan Steamed Rice Broccoli Fresh Fruit 1% Milk	11 Chicken Pesto Pasta V: Pesto Pasta Cheesy Bread Carrot Sticks Fresh Fruit 1% Milk
14 Chicken Alfredo Pasta V: Alfredo Pasta Garlic Bread Broccoli Fresh Fruit 1% Milk	15 Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Steamed Carrot Fresh Fruit 1% Milk	16 Turkey Lasagna V: Veggie Lasagna Hawaiian Rolls Green Beans Fresh Fruit 1% Milk	17 Chicken & Cheese Burrito V: Bean & Cheese Burrito Mexican Rice Corn Fresh Fruit 1% Milk	18 Parmesan Pasta V: Dinner Roll Peas Fresh Fruit 1% Milk
21 Spaghetti w/ Meatballs V: Spaghetti w/ Marinara Garlic Bread Corn Fresh Fruit 1% Milk	22 Cheese Quesadilla V: Mexican Rice Corn Fresh Fruit 1% Milk	23 Chicken Pasta Casserole V: Veggie Pasta Casserole Dinner Roll Broccoli Fresh Fruit 1% Milk	24 Turkey Burger V: Veggie Burger String Cheese Steamed Carrots Fresh Fruit 1% Milk	25 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Chinese Spinach (Gai Lan) Fresh Fruit 1% Milk
28 Memorial Day CFS Closed	29 Chicken Parmesan V: Eggplant Parmesan Steamed Rice Peas Fresh Fruit 1% Milk	30 Lemon Herb Pasta V: French Bread Steamed Broccoli Fresh Fruit 1% Milk	31 Chicken Enchiladas V: Cheese Enchiladas Refried Bean 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 May 2012 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Graham Cracker Banana 1% Milk	2 English Muffin/Jam Melon 1% Milk	3 Ritz Cracker Strawberry Yogurt 1% Milk	4 Hawaiian Roll Apple 1% Milk
7 Yogurt Apple 1% Milk	8 Multi Grain Cheerios Pineapple 1% Milk	9 Waffle Cantaloupe 1% Milk	10 Graham Cracker Banana 1% Milk	11 French Toast Pear 1% Milk
14 Multigrain Crackers Honeydew 1% Milk	15 Bagel and Cream Cheese Banana 1% Milk	16 Breadsticks Vanilla Yogurt 1% Milk	17 Kix Cereal Oranges 1% Milk	18 Cheese It Cracker Watermelon 1% Milk
21 Goldfish 1% Milk	22 Granola Yogurt 1% Milk	23 Rice Cakes Apple 1% Milk	24 Friendship Cereal Banana 1% Milk	25 Fruit Bars Applesauce 1% Milk
28 Memorial Day CFS Closed	29 Pancakes Cantaloupe 1% Milk	30 Honey Bunches of Oats Pear 1% Milk	31 Wheat Thins String 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 May 2012 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cheez-It Crackers Watermelon 1% Milk	Rice Cakes Applesauce 1% Milk	Multigrain Crackers Pear 1% Milk	Club Cracker Sting Cheese 1% Milk
7	8	9	10	11
Pretzel Sticks Cheese Dip 1% Milk	Fruit Bar Melon 1% Milk	Goldfish Watermelon 1% Milk	Teddy Graham String Cheese 1% Milk	Friendship Crackers Mixed Fruit 1% Milk
14	15	16	17	18
Graham Crackers Applesauce 1% Milk	English Muffin Pizza Banana 1% Milk	Apple String Cheese 1% Milk	Vanilla Yogurt Granola 1% Milk	Veggie Straws Pear Orange Juice
21	22	23	24	25
Wheat Thins Bean and Cheese Dip 1% Milk	Waffle Orange 1% Milk	Cheddar Pretzel Watermelon 1% Milk	Ritz Cracker Pear 1% Milk	Chex Mix Mixed Fruit 1% Milk
28	29	30	31	
Memorial Day CFS Closed	Multigrain Crackers Pineapple 1% Milk	Hawaiian Rolls Pear 1% Milk	Kix Cereal Banana 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