

CFS November 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Grilled Cheese Sandwiches V: Creamy Tomato Soup Mixed Veggies Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Cauliflower Fresh Fruit 1% Milk
5	6	7	8	9
Turkey Cheese Sandwiches V: Cheese Sandwiches String Cheese Mixed Veggies Fresh Fruit 1%Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Stir Fry Bok Choy Fresh Fruit 1%Milk	Parmesan Chicken V: Parmesan Eggplant Steamed Rice Cauliflower Fresh Fruit 1%Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Corn Fresh Fruit 1%Milk	Creamy Tomato Penne V: Garlic Bread Broccoli Fresh Fruit 1% Milk
12	13	14	15	16
CFS Closed for Teacher In-Service Day	Mac and Cheese V: Hawaiian Roll Peas Fresh Fruit 1%Milk	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Broccoli Fresh Fruit 1%Milk	Fettuccini Alfredo V: Cheesy Bread Corn Fresh Fruit 1%Milk	Baked Chicken V: Baked Veggies Steamed Rice Cauliflower Fresh Fruit 1%Milk
19	20	21	22	23
Butter Herb Pasta V: Hawaiian Roll Cauliflower Fresh Fruit 1%Milk	Chicken Stir Fry V: Veggie Stir Fry Steamed Rice Green Bean Fresh Fruit 1%Milk	Turkey w/ Mashed Potato &Gravy V:Greenbean Casserole Dinner Roll Broccoli Fresh Fruit 1%Milk	CFS Closed for Thanksgiving Happy Turkey Day!!	
26	27	28	29	30
Turkey Lasagna V: Veggie Lasagna Garlic Bread Carrot Fresh Fruit 1% Milk	Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Garlic Bread Broccoli Fresh Fruit 1%Milk	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Mixed Veggie Fresh Fruit 1%Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Broccoli Fresh Fruit 1% Milk	Grilled Cheese Sandwiches V: Creamy Tomato Soup 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 November 2012 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Hawaiian Roll Oranges 1% Milk	Friendship Cracker Melon 1% Milk
5	6	7	8	9
Breadstick Strawberry Yogurt 1% Milk	Goldfish Bananas 1% Milk	Cheerios Apples 1% Milk	Bagel & Cream Cheese Oranges 1% Milk	Club Cracker Honeydew 1% Milk
12	13	14	15	16
CFS Closed For Teacher In-Service Day	Granola Vanilla Yogurt 1% Milk	Life Cereal Cantaloupe 1% Milk	Ritz Cracker Pears 1% Milk	Pancake Oranges 1% Milk
19	20	21	22	23
Kix Bananas 1% Milk	English Muffin and Jam Applesauce 1% Milk	Graham Cracker Yogurt 1% Milk	CFS Closed For Thanksgiving Happy Turkey Day!!	
26	27	28	29	30
String Cheese Apples 1% Milk	Toast w/ Jam Applesauce 1% Milk	Rice Cake Bananas 1% Milk	Waffles Oranges 1% Milk	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 November 2012 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Banana Muffins Apples 1% Milk	2 Cheez-It Crackers Watermelon 1% Milk
5 Wheat Thins Bean Dip 1% Milk	6 Strawberry Cream Pinwheels Apples 1% Milk	7 Cheddar Biscuit Honeydew 1% Milk	8 Waffle Banana 1% Milk	9 Ritz Crackers Vanilla Yogurt 1% Milk
12 CFS Closed For Teacher In-Service Day	13 English Muffin Pizza Turkey Pepperoni 1% Milk	14 Club Crackers Pears 1% Milk	15 Banana Tortilla Rolls 1% Milk	16 Kix Mixed Fruit 1% Milk
19 Ritz Cracker String Cheese 1% Milk	20 Bread Sticks Watermelon 1% Milk	21 Chex Mix Pears 1% Milk	22 CFS Closed For Thanksgiving Happy Turkey Day!!	
26 MultiGrain Cheerios Honeydew 1% Milk	27 Cheez-It Crackers Pears 1% Milk	28 Cheddar Pretzel String Cheese 1% Milk	29 Blueberry muffin Apples 1% Milk	30 Gold Fish Mixed Fruit 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