

CFS September 2011 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Lemon Herb Bow Tie Pasta V: Bread Sticks Edamame Fresh Fruit 1%Milk	Turkey & Cheese Burger V: Vegetarian Cheese Burger String Cheese Cucumber Slices Fresh Fruit 1%Milk
5	6	7	8	9
CFS Closed for Labor Day	Spaghetti & Turkey Meatballs V: Spaghetti & Marinara Sauce Garlic Bread Broccoli Fresh Fruit 1%Milk	Egg Salad Sandwich V: String Cheese Steamed Carrots Fresh Fruit 1%Milk	Quesadilla V: Mexican Rice Broccoli 1%Milk	Creamy Tomato Penne V: French Bread Broccoli Fresh Fruit 1%Milk
12	13	14	15	16
Bake Chicken V: Mozzarella Cheese Stick Rice Green Bean Fresh Fruit 1%Milk	Turkey Sandwiches V: Cheese Sandwiches Cream of Broccoli Soup Steamed Corn Fresh Fruit 1%Milk	Rice/Bean/Cheese Burrito V: Mexican Rice Corn Fresh Fruit 1%Milk	Chicken Linguini in Marinara Sauce V: Linguini in Marinara Sauce Bread Slices Peas Fresh Fruit 1%Milk	Grilled Cheese Sandwich V: Tomato Soup Green Bean Fresh Fruit 1%Milk
19	20	21	22	23
Fettuccine Alfredo V: Cheesy bread Slices Peas Fresh Fruit 1%Milk	Organic Macaroni & Cheese V: French Bread Corn On the Cob Fresh Fruit 1%Milk	Chicken Quesadilla V: Cheese Quesadilla Mexican Rice Corn Fresh Fruit 1%Milk	Bake Chicken V: Mozzarella Cheese Stick Steamed Rice Cauliflower Fresh Fruit 1% Milk	Cheese Ravioli V: Dinner Roll Mixed Veggies Fresh Fruit 1%Milk
26	27	28	29	30
Organic Macaroni & Cheese V: French Bread Corn On the Cob Fresh Fruit 1%Milk	Grilled Cheese Sandwich V: Minestrone Soup Cauliflower Fresh Fruit 1%Milk	Grilled Chicken V: Grilled Veggie Steamed Rice Sautéed Zucchini Fresh Fruit 1%Milk	Spaghetti & Marinara Sauce V: Garlic Bread Green Bean Fresh Fruit 1%Milk	Scramble Egg V: Bagel Hash Brown 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 August 2011 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 MultiGrain Cheerios Banana 1% Milk	2 Friendship Crackers Mixed Fruit 1% Milk
5 CFS Closed for Labor Day	6 Multigrain Cracker Watermelon 1% Milk	7 Teddy Graham Cracker Banana 1% Milk	8 Cheerios Blueberries 1% Milk	9 Pretzel Sticks Mixed Fruit 1% Milk
12 Hawaiian Roll Apple 1% Milk	13 Apple String Cheese 1% Milk	14 Kix Cereal Banana 1% Milk	15 Rice Cake Watermelon 1% Milk	16 French Toast Orange 1% Milk
19 Vanilla Wafer Apple 1% Milk	20 Goldfish Cracker Peach 1% Milk	21 Bagel & Cream Cheese Cantaloupe 1% Milk	22 Friendship Cereal Banana 1% Milk	23 Waffles Mixed Fruit 1% Milk
26 Honey Bunches of oat Cereal Melon 1% Milk	27 Graham Cracker Grapes 1% Milk	28 Bread Stick Peach Yogurt 1% Milk	29 English Muffin/Jam Applesauce 1% Milk	30 Graham Cracker Vanilla Yogurt 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 August 2011 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Honey Mustard Pretzel String Cheese 100% Apple Juice	2 French Toast Banana 1% Milk
5 CFS Closed for Labor Day	6 Goldfish Cracker Raisin 100% Pineapple Juice	7 Vanilla Wafer Strawberries 1% Milk	8 Wheat Thin Crackers Bean and Cheese Dip 1% Milk	9 Toast & Jam Mix Fruit 100% Orange Juice
12 Cheerios Banana 1% Milk	13 Ritz Cracker Applesauce 1% Milk	14 Cinnamon Graham Cracker Pear 1% Milk	15 English Muffin Pizza Turkey Pepperoni 100% Orange Juice	16 Bread Stick Strawberry Yogurt 100% Apple Juice
19 French Bread Spinach Dip 100% Apple Juice	20 Animal Cracker Tangerine 1% Milk	21 Pretzel Watermelon 1% Milk	22 Flatbread Bean&Cheese Dip 1% Milk	23 Hawaiian Roll Honeydew 1% Milk
26 Multigrain Cracker Banana 1% Milk	27 Cheese It Cracker Strawberries 1% Milk	28 Teddy Graham Cracker Apples 1% Milk	29 Cheese It Cracker Plum 1% Milk	30 Fig Newton Grapes 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