

CFS April 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Lemon Herb Pasta V: Garlic Bread Fresh Vegetable Fresh Fruit 1%Milk	4 Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetable Fresh Fruit 1%Milk	5 Parmesan Pasta V: French Bread Fresh Vegetable Fresh Fruit 1% Milk	6 Cheese Quesadillas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	7 Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Hawaiian Rolls Fresh Vegetable Fresh Fruit 1% Milk
10 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	11 Turkey Lasagna V: Veggie Lasagna French Bread Fresh Vegetable Fresh Fruit 1%Milk	12 Chicken Teriyakie V: Tofu Teriyakie Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	13 Mac and Cheese V: French Bread Fresh Vegetable Fresh Fruit 1%Milk	14 CFS CLOSED GOOD FRIDAY
17 Creamy Tomato Penne V: Hawaiian Rolls Fresh Vegetable Fresh Fruit 1%Milk	18 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	19 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetable Fresh Fruit 1% Milk	20 Fettuccini Alfredo V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	21 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk
24 Butter Herb Pasta V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	25 Chicken Noodle Soup V: Veggie Noodle Soup Hawaiian Rolls Fresh Vegetable Fresh Fruit 1%Milk	26 Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetable Fresh Fruit 1%Milk	27 Cheese Enchiladas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	28 Chicken Chowmein V:Veggie Chowmein Spinach Soup Fresh Vegetable 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 April 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 English Muffin Cream Cheese 1% Milk	4 Club Crackers Melon 1% Milk	5 Honey Bunches of Oat Apples 1% Milk	6 Cheez-it crackers Pears 1% Milk	7 Friendship Cereals Bananas 1% Milk
10 Cheerios Pears 1% Milk	11 Granola Strawberry Yogurt 1% Milk	12 Kix Cereals Bananas 1% Milk	13 Graham Crackers Oranges 1% Milk	14 CFS CLOSED GOOD FRIDAY
17 Multigrain Cheerios Melon 1% Milk	18 Tea Biscuit Bananas 1% Milk	19 Wheat Thins Pears 1% Milk	20 Chex Mix Apples 1% Milk	21 Friendship Crackers Oranges 1% Milk
24 Ritz Crackers Applesauces 1% Milk	25 Waffles Pears 1% Milk	26 Pancake Bananas 1% Milk	27 Life Cereal Oranges 1% Milk	28 Goldfish Apples 1% Milk

AM Snack Served 8:30am-9:00 for Infant and Waddler 9:00am-9:30am for Preschool
 Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice

CFS April 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheddar Biscuits Banana 1% Milk	Gold Fish Pears 1% Milk	Wheat Thins String Cheese 1% Milk	Multigrain Cheerios Melon 1% Milk	Tea Biscuit Apples 1% Milk
Banana Muffin Oranges 1% Milk	Chex Mix Melon 1% Milk	Waffles Apples 1% Milk	Wheat Thin Bean Dip 1% Milk	CFS CLOSED GOOD FRIDAY
Graham Crackers Pears 1% Milk	Cheerios Oranges 1% Milk	Triscuit Cheese Dip 1% Milk	French Bread Spinach Dip 1% Milk	Ritz Crackers Melon 1% Milk
Blueberry Muffin Bananas 1% Milk	Club Crackers Melon 1% Milk	Pretzel Sticks Oranges 1% Milk	Friendship Crackers Apples 1% Milk	English Muffin Pizza Turkey Pepperoni 1% Milk

PM Snack Served 2:30-3:00 Waddler and Infant and 3:00-3:30pm Preschool and School Age
 Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice