

CFS April 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fettuccini Alfredo V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	3 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% Milk	4 Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Hawaiian Rolls Fresh Vegetable Fresh Fruit 1%Milk	5 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	6 Cheese Quesadillas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk
9 Turkey Lasagna V: Veggie Lasagna French Bread Fresh Vegetable Fresh Fruit 1% Milk	10 Chicken Fried Rice V:Veggie Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1%Milk	11 Turkey and Cheese Sandwich V: Cheese Sandwiches Cheese Sticks Fresh Vegetables Fresh Fruit 1% Milk	12 Chicken Noodle Soup V: Veggie Noodle Soup Hawaiian Rolls Fresh Vegetable Fresh Fruit 1%Milk	13 Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk
16 Mac and Cheese V: French Bread Fresh Vegetable Fresh Fruit 1%Milk	17 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	18 Cheese Enchiladas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	19 Chicken Stroganoff V: Vegetarian Stroganoff Hawaiian Rolls Fresh Vegetable Fresh Fruit 1% milk	CFS CLOSED TEACHER IN SERVICE
23 Butter Herb Pasta V: French Bread Fresh Vegetable Fresh Fruit 1% Milk	24 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetable Fresh Fruit 1%Milk	25 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetable Fresh Fruit 1% Milk	26 Parmesan Pasta V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	27 Chicken Teriyakie V: Tofu Teriyakie Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
30 Cheese Baked Ziti V: Garlic Bread Fresh Vegetable Fresh Fruit 1%Milk				

Lunch Served 11:30-12:00pm for infant and 12:00-12:30pm for preschool. We serve 1% milk for Preschool and Whole milk for Waddler and Infant
 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 2018 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Veggies Straws Oranges 1% Milk	3 Club Crackers Melon 1% Milk	4 Honey Bunches of Oat Apples 1% Milk	5 Cheez-it crackers Pears 1% Milk	6 Friendship Cereals Bananas 1% Milk
9 Cheerios Pears 1% Milk	10 Wheat Thins Bananas 1% Milk	11 Kix Cereals Apples 1% Milk	12 Graham Crackers Melon 1% Milk	13 Pretzel Sticks Oranges 1% Milk
16 Multigrain Cheerios Melon 1% Milk	17 Tea Biscuit Bananas 1% Milk	18 Granola Strawberry Yogurt 1% Milk	19 Chex Mix Apples 1% Milk	20 CFS CLOSED TEACHER IN SERVICE
23 Ritz Crackers Applesauce 1% Milk	24 Goldfish Pears 1% Milk	25 Waffles Oranges 1% Milk	26 Pancake Bananas 1% Milk	27 Life Cereal Apples 1% Milk
30 Granola Vanilla Yogurt 1% milk				

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

CFS April 2018 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Gold Fish Banana 1% Milk	3 Cheddar Biscuits Pears 1% Milk	4 Wheat Thins Bean Dip 1% Milk	5 Multigrain Cheerios Melon 1% Milk	6 Life Cereal Apples 1% Milk
9 Waffles Oranges 1% Milk	10 Chex Mix Melon 1% Milk	11 Banana Muffin Apples 1% Milk	12 Friendship Crackers Bananas 1% Milk	13 Club Crackers Pears 1% Milk
16 Graham Crackers Pears 1% Milk	17 Cheerios Oranges 1% Milk	18 French Bread Spinach Dip 1% Milk	19 Ritz Crackers Melon 1% Milk	20 CFS CLOSED TEACHER IN SERVICE DAY
23 Cheez-It Crackers Oranges 1% Milk	24 Pumpkin Muffin Bananas 1% Milk	25 Pretzel Sticks Apples 1% Milk	26 Veggies Straws Pears 1% Milk	27 English Muffin Pizza Turkey Pepperoni 1% Milk
30 Tea Biscuit Apples 1% Milk				

PM Snack Served 2:30-3:00 Waddler and Infant and 3:00-3:30pm Preschool. We serve 1% milk for Preschool and Whole milk for Waddler and Infant
 Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice