

## CFS August 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	2 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	3 Chicken Noodle Soup V. Vegetarian Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk	4 Cheese Enchiladas V. Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	5 Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk
8 Mac and Cheese V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	9 Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Dinner Rolls Fresh Vegetables Fresh Fruit 1% Milk	10 Parmesan Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	11 Fettuccini Alfredo V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	12 Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
15 Baked Chicken V: Mozzarella Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	16 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk	17 Chicken Stroganoff V: Mushroom Stroganoff Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk	18 Turkey Lasagna V: Vegetarian Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	<b>19</b> <b>CFS CLOSED</b> <b>TEACHER IN-SERVICE DAY</b>
22 Lemon Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	23 Chicken Chow Mein V: Vegetarian Chow Mein Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	24 Parmesan Pasta V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% Milk	25 Turkey Meatloaf V. Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	26 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% Milk
29 Cheese Quesadilla V. Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	30 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	31 Veggie Corn Chowder V. Whole Wheat Bread Fresh Vegetables 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 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chex Mix Apples 1% Milk	2 Cheerios Melon 1% Milk	3 Club Crackers Oranges 1% Milk	4 Gold Fish Pears 1% Milk	5 Strawberry Yogurt Graham Crackers 1% Milk
8 Blueberry Pancakes Bananas 1% Milk	9 Ancient Grains Crackers Pears 1% Milk	10 Bagel Cream Cheese 1% Milk	11 Friendship Cereals Melon 1% Milk	12 Multigrain Crackers Oranges 1% Milk
15 Cheeze-It Crackers Apples 1% Milk	16 Waffles Melon 1% Milk	17 Multigrain Cheerios Oranges 1% Milk	18 Life Cereal Pears 1% Milk	19 <b>CFS CLOSED</b> <b>TEACHER IN-SERVICE DAY</b>
22 Kix Cereals Pears 1% Milk	23 Friendship Crackers Bananas 1% Milk	24 Veggie Straws Apples 1% Milk	25 Bread Sticks Melon 1% Milk	26 Pancakes Jam 1% Milk
29 Ritz Crackers Applesauce 1% Milk	30 Granola Vanilla Yogurt 1% Milk	31 English Muffin Jam 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 2016 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Graham Crackers Melon 1% Milk	2 Ritz Crackers Oranges 1% Milk	3 Kix Cereal Apples 1% Milk	4 Wheat Thins String Cheese 1% Milk	5 Ancient Grains Crackers Banana 1% Milk
8 Friendship Crackers Pears 1% Milk	9 Club Crackers Banana 1% Milk	10 Cheerios Melon 1% Milk	11 Gold Fish String Cheese 1% Milk	12 Banana Muffin Apples 1% Milk
15 Veggie Straws Oranges 1% Milk	16 Multigrain Crackers Cheese Dip 1% Milk	17 Ritz Crackers Bananas 1% Milk	18 English Muffin Pizza Turkey Pepperoni 1% Milk	19 <b>CFS CLOSED</b> <b>TEACHER IN-SERVICE DAY</b>
22 Blueberry Muffin Bananas 1% Milk	23 Waffles Oranges 1% Milk	24 French Bread Spinach Dip 1% Milk	25 Wheat Thins Bean Dip 1% Milk	26 Cheddar Biscuit Apples 1% Milk
29 Chex Mix Pears 1% Milk	30 Graham Crackers Melon 1% Milk	31 Multigrain Cheerios Bananas 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