

CFS December 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Mac and Cheese V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
5	6	7	8	9
Creamy Tomato Penne V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Cheese Quesadillas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	Turkey Lasagna V: Vegetarian Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Parmesan Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% Milk
12	13	14	15	16
Baked Chicken V: Mozzarella Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Sauce Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Chow Mein V: Veggie Chow Mein Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	Fettuccini Alfredo V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk
19	20	21	22	23
Lemon Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Meatloaf V. Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Stroganoff V: Mushroom Stroganoff Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	Cheese Enchilada V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
26	27	28	29	30

CFS CLOSED- WINTER BREAK

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 December 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Gold Fish Pears 1% Milk	Ritz Crackers Oragnes 1% Milk
5	6	7	8	9
Blueberry Pancakes Bananas 1% Milk	Veggie Straws Apples 1% Milk	Multigrain Cheerios Oranges 1% Milk	Friendship Crackers Melon 1% Milk	Multigrain Crackers Pears 1% Milk
12	13	14	15	16
Cheeze-It Crackers Apples 1% Milk	Waffles Melon 1% Milk	Chex Mix Pears 1% Milk	Granola Strawberry Yogurt 1% Milk	Club Crackers Oranges 1% Milk
19	20	21	22	23
Life Cereal Pears 1% Milk	Triscuit Apples 1% Milk	Friendship Cereals Oranges 1% Milk	Pancakes Bananas 1% Milk	Pretzel Melon 1% Milk
26	27	28	29	30

CFS CLOSED- WINTER BREAK

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 December 2016 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cheerios Bananas 1% Milk	Veggie Straws Apples 1% Milk
5	6	7	8	9
English Muffin Pizza Turkey Pepperoni 1% Milk	Ritz Crackers String Cheese 1% Milk	Triscuit Melon 1% Milk	Wheat Thin Bean Dip 1% Milk	Club Crackers Apples 1% Milk
12	13	14	15	16
Multigrain Crackers Cheese Dip 1% Milk	Banana Muffins Oranges 1% Milk	Pretzels Bananas 1% Milk	Cheddar Biscuits Apples 1% Milk	Graham Crackers Melon 1% Milk
19	20	21	22	23
Blueberry Muffin Bananas 1% Milk	Wheat Thins Oranges 1% Milk	French Bread Spinach Dip 1% Milk	Gold Fish Pears 1% Milk	Chex Mix Apples 1% Milk
26	27	28	29	30

CFS CLOSED - WINTER BREAK

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