

## CFS December 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
4 Lemon Herb Pasta V: Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	5 Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	6 Mac and Cheese V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	7 Parmesan Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	8 Pesto Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk
11 Parmesan Pasta V: Hawaiian Rolls Fresh Vegetables Fresh Fruits 1% milk	12 BBQ Chicken V. BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	13 Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	14 Baked Chicken V: Mozzarella Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	15 Fettuccini Alfredo V: French Bread Fresh Vegetables Fresh Fruit 1% Milk
18	19	20	21	22
<b>CFS CLOSED- WINTER BREAK</b>				
25	26	27	28	29
<b>CFS CLOSED- WINTER BREAK</b>				
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 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ritz Crackers Oranges 1% Milk
4 Pancakes Bananas 1% Milk	5 Veggie Straws Apples 1% Milk	6 Multigrain Cheerios Oranges 1% Milk	7 Pirates Booty Melon 1% Milk	8 Graham Crackers Pears 1% Milk
11 Cheeze-It Crackers Apples 1% Milk	12 Waffles Melon 1% Milk	13 Chex Mix Pears 1% Milk	14 Granola Strawberry Yogurt 1% Milk	15 Club Crackers Oranges 1% Milk
18	19	20	21	22
<b>CFS CLOSED- WINTER BREAK</b>				
26	27	28	29	30
<b>CFS CLOSED- WINTER BREAK</b>				
AM Snack Served 8:30-9:00 for Infant and Waddler and 9:00-9:30 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 December 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Veggie Straws Apples 1% Milk
4 Chex Mix Pears 1% Milk	5 Ritz Crackers Oranges 1% Milk	6 Cheeze-Its Melon 1% Milk	7 Gold Fish Apples 1% Milk	8 Pumpkin Muffins Bananas 1% Milk
11 Wheat Thin Cheese Dip 1% Milk	12 Banana Muffins Oranges 1% Milk	13 Pretzels Sticks Bananas 1% Milk	14 Pirates Booty Apples 1% Milk	15 Graham Crackers Melon 1% Milk
18	19	20	21	22
<b>CFS CLOSED- WINTER BREAK</b>				
25	26	27	28	29
<b>CFS CLOSED - WINTER BREAK</b>				

PM Snack Served 2:30-3:00 for Infant and Waddler and 3:00-3:30 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