

## CFS February 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Graham Crackers Apples 1% Milk	2 English Muffin Jam 1% Milk	3 Cheez-It Crackers Melon 1% Milk	4 Veggies Straws Pears 1% Milk	5 Ritz Crackers Bananas 1% Milk
8 Gold Fish Bananas 1% Milk	9 Granola Strawberry Yogurt 1% Milk	10 Kix Cereal Oranges 1% Milk	11 French Toast Pears 1% Milk	12 Friendship Crackers Apples 1% Milk
15 <b>CFS CLOSED- PRESIDENTS DAY</b>	16 Cheerios Bananas 1% Milk	17 Chex Mix Apples 1% Milk	18 Life Cereal Pears 1% Milk	19 Bagel Cream Cheese 1% Milk
22 Club Crackers Oranges 1% Milk	23 Multigrain Crackers Apples 1% Milk	24 Multigrain Cheerios Melon 1% Milk	25 Pancakes Bananas 1% Milk	26 Waffle Pears 1% Milk
29 Rice Cake Oranges 1% Milk				

AM Snack Served 8:30am-9:00 for Infant and Waddler and 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 February 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Butter Herb Pasta V: Garlic Bread Steamed Carrots Fresh Fruit 1% Milk	2 Cheese Enchiladas V: Mexican Rice Corn Fresh Fruit 1%Milk	3 Mac and Cheese V: Sourdough Bread Broccoli Fresh Fruit 1% Milk	4 BBQ Chicken V: BBQ Tofu Steamed Rice Sauteed Green Beans Fresh Fruit 1% Milk	5 Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Dinner Rolls Mixed Veggies Fresh Fruit 1%Milk
8 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Corn Fresh Fruit 1%Milk	9 Lemon Herb Pasta V: Garlic Bread Steamed Carrots Fresh Fruit 1% Milk	10 Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Cauliflower Fresh Fruit 1% Milk	11 Cheese Quesadillas V: Mexican Rice Mixed Veggies Fresh Fruit 1%Milk	12 Chicken Noodle Soup V: Veggie Noodle Soup Dinner Rolls Broccoli Fresh Fruit 1% Milk
15 <b>CFS CLOSED- PRESIDENTS DAY</b>	16 Creamy Tomato Penne V: Whole Wheat Bread Broccoli Fresh Fruit	17 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Cucumber Slices Fresh Fruit 1%Milk	18 Fettuccini Alfredo V: French Bread Mixed Veggies Fresh Fruit 1% Milk	19 Parmesan Chicken V: Parmesan Veggies Steamed Rice Sauteed Cabbage Fresh Fruit 1% Milk
22 Veggie Corn Chowder V: Whole Wheat bread Cucumber Slices Fresh Fruit 1% Milk	23 Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Edamane Fresh Fruit 1%Milk	24 Parmesan Pasta V: French Bread Cauliflower Fresh Fruit 1% Milk	25 Turkey Lasagna V: Veggie Lasagna Dinner Rolls Broccoli Fresh Fruit 1%Milk	26 Chicken Teriyakie V: Tofu Teriyakie Steamed Rice Carrots Fresh Fruit 1% Milk
29 Veggie Chow Fun V: Spinach Soup Edamane Fresh Fruit 1% Milk				

Lunch Served 11:30-12:00pm for infant and waddler 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 February 2016 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chex Mix Bananas 1% Milk	2 Club Crackers Oranges 1% Milk	3 English Muffin Pizza Turkey Pepperoni 1% Milk	4 Wheat Thins Bean Dip 1% Milk	5 Kix Cereals Melon 1% Milk
8 Cheez-It Crackers Pears 1% Milk	9 Multigrain Crackers Cheese Dips 1% Milk	10 Cheerios Apples 1% Milk	11 Ritz Crackers Bananas 1% Milk	12 Banana Muffin Oranges 1% Milk
15 <b>CFS CLOSED- PRESIDENTS DAY</b>	16 French Bread Spinach Dip 1% Milk	17 Veggies Straws Oranges 1% Milk	18 Waffles Melon 1% Milk	19 Goldfish Apples 1% Milk
22 Blueberry Muffin Melon 1% Milk	23 Friendship Crackers Pears 1% Milk	24 Rice Cake Bananas 1% Milk	25 Graham Crackers Apples 1% Milk	26 Cheddar Biscuit Oranges 1% Milk
29 Multigrain Cheerios Pears 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