

CFS February 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Cheez-It Crackers Pineapple 1% Milk	Ritz Crackers Banana 1% Milk	Granola Strawberry Yogurt 1% Milk
6	7	8	9	10
Veggies Straws Bananas 1% Milk	Gold Fish Oranges 1% Milk	Kix Cereal Pears 1% Milk	Chex Mix Pineapple 1% Milk	Friendship Crackers Apples 1% Milk
13	14	15	16	17
English Muffin Jam 1% Milk	Cheerios Bananas 1% Milk	Pretzel Sticks Apples 1% Milk	Life Cereal Pears 1% Milk	Graham Crackers Oranges 1% Milk
20	21	22	23	24
CFS CLOSED- PRESIDENTS DAY	Club Crackers Apples 1% Milk	Triscuit Bananas 1% Milk	Ritz Crackers Applesauce 1% Milk	Waffle Pears 1% Milk
27	28			
Multigrain Cheerios Oranges 1% Milk	Pancakes Bananas 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 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Veggie Chowmein V: Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	Creamy Tomato Penne V: Sourdough Bread Fresh Vegetables Fresh Fruit 1%Milk
6	7	8	9	10
Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1%Milk	Lemon Herb Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetables Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1%Milk	Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Hawaiian Rolls Fresh Vegetables Fresh Fruit 1%Milk
13	14	15	16	17
Butter Herb Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1%Milk	Fettuccini Alfredo V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Cheese Quesadillas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk
20	21	22	23	24
CFS CLOSED- PRESIDENTS DAY	Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Cheese Enchiladas V: Mexican Rice Fresh Vegetables Fresh Fruit 1%Milk	Turkey Lasagna V: Veggie Lasagna Hawaiian Rolls Fresh Vegetables Fresh Fruit 1%Milk	Chicken Teriyakie V: Tofu Teriyakie Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
27	28			
Mac and Cheese V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1%Milk			

Lunch Served 11:30-12:00pm for infant and waddler and 12:00-12:30pm for preschool

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 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Club Crackers Apples 1% Milk	Goldfish Pears 1% Milk	Kix Cereals Melon 1% Milk
6	7	8	9	10
Cheez-It Crackers Pears 1% Milk	Ritz Crackers Melon 1% Milk	Cheerios Apples 1% Milk	French Bread Spinach Dip 1% Milk	Triscuit Oranges 1% Milk
13	14	15	16	17
Pretzel Sticks Pears 1% Milk	Life Cereal Pineapple 1% Milk	Veggies Straws Oranges 1% Milk	Waffles Melon 1% Milk	Multigrain Cheerios Apples 1% Milk
20	21	22	23	24
CFS CLOSED- PRESIDENTS DAY	Friendship Crackers Pears 1% Milk	Chex Mix Melon 1% Milk	Graham Crackers Pineapple 1% Milk	Cheddar Biscuit Oranges 1% Milk
27	28			
Wheat Thins Bean Dip 1% Milk	English Muffin Pizza Turkey Pepperoni 1% Milk			

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

Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice