

CFS February 2018 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Ritz Crackers Banana 1% Milk	Granola Strawberry Yogurt 1% Milk
5	6	7	8	9
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
12	13	14	15	16
Cheerios Melon 1% Milk	Pretzels Sticks Apple 1% Milk	English Muffin Jam 1% Milk	Graham Crackers Oranges 1% Milk	Rice Krispie Cereal Bananas 1% Milk
19	20	21	22	23
CFS CLOSED- PRESIDENTS DAY	Club Crackers Apples 1% Milk	Cheez-It Crackers Pineapple 1% Milk	Ritz Crackers Applesauce 1% Milk	Multigrain Crackers Oranges 1% Milk
26	27	28		
Multigrain Cheerios Oranges 1% Milk	Pancakes Bananas 1% Milk	Waffle Pears 1% Milk		

AM Snack Served 8:30am-9:00 for Infant and Waddler and 9:00am-9:30am 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 February 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetables Fresh Fruit 1% Milk	Creamy Tomato Penne V: Sourdough Bread Fresh Vegetables Fresh Fruit 1%Milk
5	6	7	8	9
Butter Herb Pasta V: French Bread 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	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1%Milk	Cheese Baked Ziti V: Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk
12	13	14	15	16
Lemon Herb Pasta V: French 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	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
19	20	21	22	23
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
26	27	28		
Mac and Cheese V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Chowmein V: Veggie Chowmein 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. We serve 1% milk for Preschool and Whole milk for Waddler and Infant

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 2018 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Goldfish Pears 1% Milk	Kix Cereals Melon 1% Milk
5	6	7	8	9
Cheez-It Crackers Pears 1% Milk	Pirate Booty Melon 1% Milk	Cheerios Apples 1% Milk	Multigrain Crackers Bean Dip 1% Milk	Pumpkin Muffin Banana 1% Milk
12	13	14	15	16
Pretzel Sticks Pears 1% Milk	Life Cereal Pineapple 1% Milk	Waffles Melon 1% Milk	Veggies Straws Oranges 1% Milk	Ritz Crackers Apples 1% Milk
19	20	21	22	23
CFS CLOSED- PRESIDENTS DAY	Friendship Crackers Pears 1% Milk	Chex Mix Melon 1% Milk	Graham Crackers Pineapple 1% Milk	Cheddard Biscuit Banana 1% Milk
26	27	28		
Wheat Thins Cheese Dip 1% Milk	English Muffin Pizza Turkey Pepperoni 1% Milk	Multigrain Cheerios Oranges 1% Milk		

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