

CFS January 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CFS CLOSED Winter Holidays
4	5	6	7	8
Cheez-It Crackers Pears 1% Milk	Granola Strawberry Yogurt 1% Milk	Kix Cereal Bananas 1% Milk	Graham Crackers Apples 1% Milk	Rice Cake Oranges 1% Milk
11	12	13	14	15
Waffle Oranges 1% Milk	Ritz Crackers Banana 1% Milk	Wheat Thins Apples 1% Milk	English Muffin Jam 1% Milk	Blueberry Pancakes Pears 1% Milk
18	19	20	21	22
CFS CLOSED MARTIN LUTHER KING DAY	Bagel Cream Cheese 1% Milk	French Toast Oranges 1% Milk	Life Cereal Banana 1% Milk	Chex Mix Pears 1% Milk
25	26	27	28	29
Multigrain Cheerios Apples 1% Milk	Club Crackers Oranges 1% Milk	Ritz Crackers Vanilla Yogurt 1% Milk	Friendship Crackers Pears 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 January 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CFS CLOSED Winter Holidays
4	5	6	7	8
Creamy Tomato Penne V: Dinner Rolls Corn Fresh Fruit 1%Milk	Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Garlic Bread Cauliflower Fresh Fruit 1%Milk	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Mixed Veggies Fresh Fruit 1%Milk	Mac and Cheese V: Hawaiian Rolls Broccoli Fresh Fruit 1% Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Edamane Fresh Fruit 1% Milk
11	12	13	14	15
Butter Herb Pasta V: Garlic Bread Steamed Carrots Fresh Fruit 1% Milk	Chicken Chow Mein V: Veggie Chow Mein Spinach Soup Edamane Fresh Fruit 1% Milk	Cheese Quesadillas V: Mexican Rice Broccoli Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Hawaiian Rolls Corn Fresh Fruit 1%Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Cucumber Slices Fresh Fruit 1%Milk
18	19	20	21	22
CFS CLOSED MARTIN LUTHER KING DAY	Fettuccini Alfredo V: Dinner Rolls Mixed Veggies Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Cauliflower Fresh Fruit 1% Milk	Turkey Lasagna V: Veggie Lasagna French Bread Broccoli Fresh Fruit 1%Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Edamane Fresh Fruit 1%Milk
25	26	27	28	29
Parmesan Pasta V: Hawaiian Rolls Cauliflower Fresh Fruit 1% Milk	Mac and Cheese V: Garlic Bread Broccoli Fresh Fruit 1% Milk	Chicken Teriyakie V: Tofu Teriyakie Steamed Rice Carrots Fresh Fruit 1% Milk	Grilled Cheese Sandwich V: Creamy Tomato Soup Cucumber Slices Fresh Fruit 1% Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Mixed Veggies 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 January 2016 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CFS CLOSED Winter Holidays
4	5	6	7	8
Goldfish Apples 1% Milk	Club Crackers Pears 1% Milk	Waffles Melon 1% Milk	Wheat Thins Cheese Dip 1% Milk	Cheerios Bananas 1% Milk
11	12	13	14	15
Blueberry Muffin Bananas 1% Milk	Cheez-It Crackers Melon 1% Milk	Friendship Crackers Pears 1% Milk	Graham Crackers Apples 1% Milk	Ritz Crackers Oranges 1% Milk
18	19	20	21	22
CFS CLOSED MARTIN LUTHER KING DAY	Cheddar Biscuit Pears 1% Milk	Kix Cereal Bananas 1% Milk	Multigrain Crackers Bean Dip 1% Milk	Gold Fish Apples 1% Milk
25	26	27	28	29
Wheat Thin String Cheese 1% Milk	Multigrain Cheerios Pears 1% Milk	French Bread Spinach Dip 1% Milk	English Muffin Pizza Turkey Pepperoni 1% Milk	Chex Mix Apples 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