

# CFS January 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>CFS CLOSED Winter Holidays</b>	3 Chex Mix Apples 1% Milk	4 Multigrain Crackers Pears 1% Milk	5 Waffle Melon 1% Milk	6 Triscuit Bananas 1% Milk
9 Cheez-It Crackers Oranges 1% Milk	10 Granola Strawberry Yogurt 1% Milk	11 Veggie Straws Bananas 1% Milk	12 Banana Pancakes Pears 1% Milk	13 Graham Crackers Apples 1% Milk
16  <b>CFS CLOSED MARTIN LUTHER KING DAY</b>	17 Pancakes Banana 1% Milk	18 Wheat Thins Apples 1% Milk	19 English Muffin Jam 1% Milk	20 Goldfish Pears 1% Milk
23 Friendship Cereal Bananas 1% Milk	24 Life Cereal Apples 1% Milk	25 Friendship Crackers Pears 1% Milk	26 Club Crackers Oranges 1% Milk	27 Ritz Crackers Applesauce 1% Milk
30 Multigrain Cheerios Apples 1% Milk	31 Pretzel Sticks Pears 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 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>CFS CLOSED Winter Holidays</b>	3 Butter Herb Pasta V: Sourdough Bread Fresh Vegetables Fresh Fruit 1% Milk	4 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	5 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% Milk	6 Chicken Chow Mein V: Veggie Chow Mein Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
9 Creamy Tomato Penne V: Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	10 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	11 Chicken Stroganoff V: Mushroom Stroganoff French Bread Fresh Vegetables Fresh Fruit 1% Milk	12 Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	13 Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
16 <b>CFS CLOSED MARTIN LUTHER KING DAY</b>	17 Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	18 Chicken Teriyakie V: Tofu Teriyakie Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	19 Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	20 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk
23 Mac and Cheese V: Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	24 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	25 Turkey Lasagna V: Veggie Lasagna French Bread Fresh Vegetables Fresh Fruit 1% Milk	26 Cheese Enchiladas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	27 Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk
30 Cheese Quesadillas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	31 Chicken Noodle Soup V: Veggie Noodle Soup French Bread 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 January 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>CFS CLOSED Winter Holidays</b>	3 Pretzel Sticks Oranges 1% Milk	4 Life Cereal Banana 1% Milk	5 Club Crackers Apples 1% Milk	6 French Bread Spinach Dip 1% Milk
9 Goldfish Apples 1% Milk	10 Chocolate Muffin Pears 1% Milk	11 Waffles Melon 1% Milk	12 Wheat Thins Bean Dip 1% Milk	13 English Muffin Pizza Turkey Pepperoni 1% Milk
16  <b>CFS CLOSED MARTIN LUTHER KING DAY</b>	17 Multigrain Crackers Cheese Dip 1% Milk	18 Chex Mix Pears 1% Milk	19 Graham Crackers Melon 1% Milk	20 Friendship Crackers Banana 1% Milk
23 Cheerios Banana 1% Milk	24 Triscuits Pears 1% Milk	25 Cheez-It Crackers Melon 1% Milk	26 Veggie Straws Apples 1% Milk	27 Ritz Crackers Oranges 1% Milk
30 Wheat Thin String Cheese 1% Milk	31 Multigrain Cheerios Oranges 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