

CFS July 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Stroganoff V: Mushroom Stroganoff Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk
CFS CLOSED 4TH OF JULY HOLIDAY	4 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	5 Cheese Quesadillas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	6 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	7 8 Turkey Lasagna V: Veggie Lasagna French Bread Fresh Vegetable Fresh Fruit 1% Milk
11 Creamy Tomato Penne V: Dinner Rolls Fresh Vegetable Fresh Fruit 1% Milk	12 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	13 Mac and Cheese V: French Bread Fresh Vegetable Fresh Fruit 1% Milk	14 Cheese Enchiladas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	15 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetable Fresh Fruit 1% Milk
18 Butter Herb Pasta V: French bread Fresh Vegetable Fresh Fruit 1% Milk	19 Chicken Noodle Soup V: Veggie Noodle Soup Dinner Rolls Fresh Vegetable Fresh Fruit 1% Milk	20 Fettuccini Alfredo V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	21 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	22 Veggie Chowmein V: Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk
25 Lemon Herb Pasta V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	26 Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetable Fresh Fruit 1% Milk	27 Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk	28 Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	29 Parmesan Pasta V: French Bread Fresh Vegetable Fresh Fruit 1% Milk

Lunch Served 11:30-12:00pm for infant 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 July 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheez-it crackers Pears 1% Milk
4 CFS CLOSED 4TH OF JULY HOILIDAY	5 Granola Strawberry Yogurt 1% Milk	6 Honey Bunches of Oat Bananas 1% Milk	7 Graham Crackers Oranges 1% Milk	8 Cheerios Pears 1% Milk
11 Bagel Cream Cheese 1% Milk	12 Veggie Straws Bananas 1% Milk	13 Wheat Thins Pears 1% Milk	14 Chex Mix Apples 1% Milk	15 Banana Pancakes Jam 1% Milk
18 Ritz Crackers Applesauces 1% Milk	19 Waffles Pears 1% Milk	20 English Muffin Jam 1% Milk	21 Life Cereal Oranges 1% Milk	22 Goldfish Apples 1% Milk
25 Multigrain Cheerios Apples 1% Milk	26 Graham Crackers Vinilla Yogurt 1% Milk	27 Ancient Grains Crackers Oranges 1% Milk	28 Friendship Cereals Pears 1% Milk	29 Pancake Bananas 1% Milk

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Multigrain Cheerios Melon 1% Milk
4 CFS CLOSED 4TH OF JULY HOLIDAY	5 Chex Mix Melon 1% Milk	6 Waffles Apples 1% Milk	7 Wheat Thin Cheese Dip 1% Milk	8 Goldfish String Cheese 1% Milk
11 Graham Crackers Pears 1% Milk	12 Cheerios Oranges 1% Milk	13 English Muffin Pizza Turkey Pepperoni 1% Milk	14 French Bread Spinach Dip 1% Milk	15 Ancient Grain Crackers Bananas 1% Milk
18 Blueberry Muffin Bananas 1% Milk	19 Club Crackers Melon 1% Milk	20 Multigrain Crackers Bean Dip 1% Milk	21 Friendship Crackers Apples 1% Milk	22 Veggie Straws Oranges 1% Milk
25 Cheddar Biscuits Oranges 1% Milk	26 Gold Fish Pears 1% Milk	27 Wheat Thins String Cheese 1% Milk	28 Cheez-It Crackers Apples 1% Milk	29 Ritz Crackers Melon 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