

CFS July 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
CFS CLOSED 4TH OF JULY HOLIDAY	CFS CLOSED 4TH OF JULY HOLIDAY	Cheese Quesadillas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Chicken Stroganoff V: Mushroom Stroganoff Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk
Butter Herb Pasta V: Hawaiian Rolls Fresh Vegetable Fresh Fruit 1%Milk	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Fettuccini Alfredo V: Garlic Bread Fresh Vegetable Fresh Fruit 1%Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetable Fresh Fruit 1%Milk	Mac and Cheese V: French Bread Fresh Vegetable Fresh Fruit 1%Milk
10	11	12	13	14
Creamy Tomato Penne V: French bread Fresh Vegetable Fresh Fruit 1% Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk	Parmesan Pasta V: French Bread Fresh Vegetable Fresh Fruit 1%Milk	Cheese Enchiladas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetable Fresh Fruit 1% Milk
17	18	19	20	21
Lemon Herb Pasta V: Garlic Bread Fresh Vegetable Fresh Fruit 1%Milk	Chicken Noodle Soup V: Veggie Noodle Soup Hawaiian Rolls Fresh Vegetable Fresh Fruit 1%Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Veggie Chowmein V: Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk
24	25	26	27	28
Turkey Lasagna V: Veggie Lasagna Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk				
31				

Lunch Served 11:30-12:00pm for infant 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 July 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 CFS CLOSED 4TH OF JULY HOILIDAY	4 CFS CLOSED 4TH OF JULY HOILIDAY	5 Graham Crackers Vanilla Yogurt 1% Milk	6 Multigrain Crackers Oranges 1% Milk	7 Cheez-it crackers Pears 1% Milk
10 Friendship Cereals Pears 1% Milk	11 Goldfish Apples 1% Milk	12 Honey Bunches of Oat Bananas 1% Milk	13 Triscuits Melon 1% Milk	14 Cheerios Pears 1% Milk
17 Multigrain Cheerios Oranges 1% Milk	18 Veggie Straws Bananas 1% Milk	19 Wheat Thins Pears 1% Milk	20 Blueberry Pancakes Jam 1% Milk	21 Chex Mix Apples 1% Milk
24 Pretzel Sticks Applesauces 1% Milk	25 Waffles Pears 1% Milk	26 Life Cereal Oranges 1% Milk	27 English Muffin Cream Cheese 1% Milk	28 Granola Strawberry Yogurt 1% Milk
31 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

1% milk for Preschool and Whole milk for Waddler and Infant

CFS July 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 CFS CLOSED 4TH OF JULY HOLIDAY	4 CFS CLOSED 4TH OF JULY HOLIDAY	5 Ritz Crackers Pears 1% Milk	6 Triscuits Banana 1% Milk	7 Multigrain Cheerios Melon 1% Milk
10 Cheez-It Crackers Apples 1% Milk	11 Chex Mix Oranges 1% Milk	12 Veggie Straws Melon 1% Milk	13 Cheerios Pears 1% Milk	14 Pretzel Sticks Bananas 1% Milk
17 Wheat Thin Melon 1% Milk	18 Goldfish String Cheese 1% Milk	19 Waffles Apples 1% Milk	20 French Bread Spinach Dip 1% Milk	21 Cheddar Biscuits Oranges 1% Milk
24 Banana Muffin Oranges 1% Milk	25 Club Crackers Melon 1% Milk	26 Multigrain Crackers Cheese Dip 1% Milk	27 Friendship Crackers Apples 1% Milk	28 Graham Crackers Fruits Smoothie 1% Milk
31 English Muffin Pizza Turkey Pepperoni 1% Milk				

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

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

1% milk for Preschool and Whole milk for Waddler and Infant