

CFS June 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Butter Herb Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Meatloaf V: Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
6	7	8	9	10
Mac and Cheese V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% Milk	Lemon Herb Pasta V: Mashed Potatoes Fresh Vegetables Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Eggplant Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Stroganoff V: Mushroom Stroganoff French Bread Fresh Vegetables Fresh Fruit 1% Milk
13	14	15	16	17
Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk	Cheese Enchilada V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Noodle Soup V: Vegetarian Noodle Soup Dinner Rolls Fresh Vegetables Fresh Fruit 1% Milk
20	21	22	23	24
Parmesan Pasta V: Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk	Turkey Lasagna V: Vegetarian Lasagna French Bread Fresh Vegetables Fresh Fruit 1% Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetables Fresh Fruit 1% Milk	Veggies Chow Mein V: Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
27	28	29	30	
Creamy Tomato Penne V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	Cheese Quesadillas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Garlic Bread Fresh Vegetables 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 June 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Veggies Straw Pears 1% Milk	Cheerios Apples 1% Milk	Cheez It Cracker Oranges 1% Milk
6	7	8	9	10
Bagel Cream Cheese 1% Milk	Club Cracker Pears 1% Milk	Ritz Crackers Vanilla Yogurt 1% Milk	Multigrain Cheerios Apples 1% Milk	Pancake Oranges 1% Milk
13	14	15	16	17
English Muffin Jam 1% Milk	Graham Cracker Apples 1% Milk	Friendship Cereals Oranges 1% Milk	Gold Fish Pears 1% Milk	Blueberry Pancake Banana 1% Milk
20	21	22	23	24
Life Cereal Oranges 1% Milk	Ritz Crackers Applesauce 1% Milk	Waffles Banana 1% Milk	Granola Strawberry Yogurt 1% Milk	Chex Mix Pears 1% Milk
27	28	29	30	
Banana Pancake Pears 1% Milk	Wheat Thin Banana 1% Milk	Ancient Grain Crackers Oranges 1% Milk	Friendship Crackers Apples 1% Milk	

Snack Served 8:30-9:00 for infant and 9:00-9:30 for preschool and school age

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

CFS June 2016 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Gold Fish Watermelon 1% Milk	Multigrain Crackers Cheese Dip 1% Milk	Chex Mix Mixed Fruit 1% Milk
6	7	9	10	11
Blueberry Muffin Banana 1% Milk	Ritz Cracker Apples 1% Milk	Veggies Straws Watermelon 1% Milk	Graham Cracker Oranges 1% Milk	Cheddar Biscuit Pears 1% Milk
13	14	15	16	17
Cheez-It Cracker Orange 1% Milk	Friendship Crackers Banana 1% Milk	Ancient Grain Crackers String Cheese 1% Milk	Club Cracker Melon 1% Milk	Multigrain Cheerios Apples 1% Milk
20	21	22	23	24
Banana Muffin Apple 1% Milk	Cheerios Banana 1% Milk	French Bread Spinach Dip 1% Milk	Rice Crackers Oranges 1% Milk	Fruits Smoothie Ritz Crackers 1% Milk
27	28	29	30	
English Muffin Pizza Turkey Pepperoni 1% Milk	Waffles Pears 1% Milk	Gold Fish String Cheese 1% Milk	Wheat Thins Bean Dip 1% Milk	

PM Snack Served 3:00-3:30pm

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