

CFS June 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Butter Herb Pasta V: Hawaiian Roll Fresh Vegetables Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Eggplant Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
5	6	7	8	9
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: Hawaiian Roll Fresh Vegetables Fresh Fruit 1% Milk	Turkey Meatloaf V: Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Stroganoff V: Mushroom Stroganoff French Bread Fresh Vegetables Fresh Fruit 1% Milk
12	13	14	15	16
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 Hawaiian Roll Fresh Vegetables Fresh Fruit 1% Milk
19	20	21	22	23
Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Lasagna V: Vegetarian Lasagna Hawaiian Roll 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
26	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	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice 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 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cheerios Apples 1% Milk	Cheez It Cracker Oranges 1% Milk
5	6	7	8	9
English Muffin Cream Cheese 1% Milk	Club Cracker Pears 1% Milk	Pretzel Sticks Vanilla Yogurt 1% Milk	Multigrain Cheerios Apples 1% Milk	Pancake Oranges 1% Milk
12	13	14	15	16
Triscuit Melon 1% Milk	Graham Crackers Apples 1% Milk	Friendship Cereals Oranges 1% Milk	Gold Fish Pears 1% Milk	Blueberry Pancake Banana 1% Milk
19	20	21	22	23
Life Cereal Oranges 1% Milk	Ritz Crackers Applesauce 1% Milk	Waffles Banana 1% Milk	Granola Strawberry Yogurt 1% Milk	Chex Mix Pears 1% Milk
26	27	28	29	30
Banana Pancake Pears 1% Milk	Wheat Thin Banana 1% Milk	Multigrain Crackers Oranges 1% Milk	Friendship Crackers Apples 1% Milk	Veggies Straw Pears 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 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Multigrain Crackers Cheese Dip 1% Milk	Chex Mix Mixed Fruit 1% Milk
5	6	7	8	9
Blueberry Muffin Banana 1% Milk	Ritz Cracker Apples 1% Milk	Veggies Straws Oranges 1% Milk	Graham Cracker Watermelon 1% Milk	Cheddar Biscuit Pears 1% Milk
12	13	14	15	16
Cheez-It Cracker Orange 1% Milk	Friendship Crackers Banana 1% Milk	Triscuit Bean Dip 1% Milk	Club Cracker Melon 1% Milk	Multigrain Cheerios Apples 1% Milk
19	20	21	22	23
Banana Muffin Apple 1% Milk	Cheerios Banana 1% Milk	French Bread Spinach Dip 1% Milk	Chex Mix Oranges 1% Milk	Fruits Smoothie Ritz Crackers 1% Milk
26	27	28	29	30
English Muffin Pizza Turkey Pepperoni 1% Milk	Waffles Pears 1% Milk	Pretzel Sticks String Cheese 1% Milk	Wheat Thins Oranges 1% Milk	Gold Fish Watermelon 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