

## CFS March 2016 AM Snack Menu

| Monday                                      | Tuesday                              | Wednesday                               | Thursday                                 | Friday                                   |
|---|--------------------------------------|---|--|--|
|   | 1                                    | 2                                       | 3  | 4  |
|   | Graham Crackers<br>Banana<br>1% Milk | Cheez-It Crackers<br>Melon<br>1% Milk   | Veggies Straws<br>Pears<br>1% Milk       | Breadsticks<br>Vanilla Yogurt<br>1% Milk |
| 7   | 8                                    | 9                                       | 10                                       | 11                                       |
| Multigrain Cheerios<br>Oranges<br>1% Milk   | Rice Cake<br>Apples<br>1% Milk       | English Muffin<br>Jam<br>1% Milk        | Friendship Crackers<br>Pears<br>1% Milk  | Applesauces<br>Ritz Crackers<br>1% Milk  |
| 14  | 15                                   | 16                                      | 17                                       | 18                                       |
| Honey Bunches of Oats<br>Oranges<br>1% Milk | Life Cereal<br>Pears<br>1% Milk      | Chex Mix<br>Apples<br>1% Milk           | Bagel<br>Cream Cheese<br>1% Milk         | Pancakes<br>Bananas<br>1% Milk           |
| 21  | 22                                   | 23                                      | 24                                       | 25                                       |
| Gold Fish<br>Pears<br>1% Milk               | Waffle<br>Apples<br>1% Milk          | Wheat Thins<br>String cheese<br>1% Milk | Friendship Cereals<br>Bananas<br>1% Milk | <b>CFS CLOSED<br/>GOOD FRIDAY</b>        |
| 28  | 29                                   | 30                                      | 31                                       |  |
| Club Crackers<br>Apples<br>1% Milk          | Cheerios<br>Bananas<br>1% Milk       | French Toast<br>Oranges<br>1% Milk      | Granola<br>Strawberry Yogurt<br>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 March 2016 Lunch Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
|  | 1   | 2  | 3  | 4   |
|  | Fettuccini Alfredo<br>V:<br>Garlic Bread<br>Mashed Potatoes<br>Fresh Fruit<br>1% Milk                       | Baked Chicken<br>V: Mozzarella Cheese Sticks<br>Steamed Rice<br>Sauteed Cabbage<br>Fresh Fruit<br>1% Milk        | Cheese Quesadillas<br>V:<br>Dinner Rolls<br>Broccoli<br>Fresh Fruit<br>1% Milk                                       | Turkey Meatloaf<br>V: Veggie Meatloaf<br>Steamed Rice<br>Mixed Veggies<br>Fresh Fruit<br>1% Milk          |
| 7  | 8   | 9  | 10   | 11  |
| Parmesan Pasta<br>V:<br>French Bread<br>Broccoli<br>Fresh Fruit<br>1% Milk           | Grilled Cheese Sandwich<br>V:<br>Creamy Tomato Soup<br>Carrot Sticks<br>Fresh Fruit<br>1% Milk              | Chicken Noodle Soup<br>V: Veggie Noodle Soup<br>Dinner Rolls<br>Corn<br>Fresh Fruit<br>1% Milk                   | Spaghetti w/ Meat Sauce<br>V: Spaghetti w/ Marinara Sauce<br>Garlic Bread<br>Mixed Veggies<br>Fresh Fruit<br>1% Milk | Turkey Sloppy Joe<br>V: Vegetarian Sloppy Joe<br>String Cheese<br>Carrot Sticks<br>Fresh Fruit<br>1% Milk |
| 14   | 15  | 16   | 17   | 18  |
| Lemon Herb Pasta<br>V:<br>Garlic Bread<br>Mixed Veggies<br>Fresh Fruit<br>1% Milk    | Parmesan Chicken<br>V: Parmesan Veggies<br>Steamed Rice<br>Cauliflower<br>Fresh Fruit<br>1% Milk            | Turkey Pepperoni Pizza<br>V: Cheese Pizza<br>Cream of Broccoli Soup<br>Cucumber Slices<br>Fresh Fruit<br>1% Milk | Veggies Chow Mein<br>V:<br>Spinach Soup<br>Edamane<br>Fresh Fruit<br>1% Milk   | Turkey Lasagna<br>V: Veggie Lasagna<br>Dinner Rolls<br>Broccoli<br>Fresh Fruit<br>1% Milk                 |
| 21   | 22  | 23   | 24   | 25  |
| Creamy Tomato Penne<br>V:<br>French Bread<br>Mixed Veggies<br>Fresh Fruit<br>1% Milk | Chicken Fried Rice<br>V: Veggie Fried Rice<br>Spinach Soup<br>Steamed Green Beans<br>Fresh Fruit<br>1% Milk | Cheese Enchiladas<br>V:<br>Dinner Rolls<br>Corn<br>Fresh Fruit<br>1% Milk  | BBQ Chicken<br>V: BBQ Tofu<br>Steamed Rice<br>Sauteed Cabbage<br>Fresh Fruit<br>1% Milk                              | CFS CLOSED<br>GOOD FRIDAY   |
| 28   | 29  | 30   | 31   |   |
| Butter Herb Pasta<br>V:<br>Garlic Bread<br>Steamed Carrots<br>Fresh Fruit<br>1% Milk | Chicken Chow Fun<br>V: Veggie Stir Fry<br>Steamed Rice<br>Edamane<br>Fresh Fruit<br>1% Milk                 | Mac and Cheese<br>V:<br>Mashed Potatoes<br>Broccoli<br>Fresh Fruit<br>1% Milk                                    | Chicken Stroganoff<br>V: Vegetarian Stroganoff<br>French Bread<br>Broccoli<br>Fresh Fruit<br>1% Milk                 |   |

Lunch Served 11:30-12:00pm for infant and waddler 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 March 2016 PM Snack Menu

| Monday  | Tuesday                                 | Wednesday                                    | Thursday                                  | Friday                                |
|---|---|--|---|---------------------------------------|
|   | 1                                       | 2  | 3   | 4                                     |
|   | Friendship Crackers<br>Melon<br>1% Milk | Goldfish<br>Apples<br>1% Milk                | Wheat Thin<br>String Cheese<br>1% Milk    | Waffles<br>Banana<br>1% Milk          |
| 7   | 8                                       | 9  | 10  | 11                                    |
| Blueberry Muffin<br>Pears<br>1% Milk                | Cheerios<br>Oranges<br>1% Milk          | Multigrain Crackers<br>Cheese Dip<br>1% Milk | Breadsticks<br>Bananas<br>1% Milk         | Cheez-It Crackers<br>Melon<br>1% Milk |
| 14  | 15                                      | 16   | 17  | 18                                    |
| Cheddar Biscuit<br>Bananas<br>1% Milk               | Graham Crackers<br>Apples<br>1% Milk    | Ritz Crackers<br>Melon<br>1% Milk            | French Bread<br>Spinach Dip<br>1% Milk    | Veggies Straws<br>Pears<br>1% Milk    |
| 21  | 22                                      | 23   | 24  | 25                                    |
| English Muffin Pizza<br>Turkey Pepperoni<br>1% Milk | Club Crackers<br>Bananas<br>1% Milk     | Wheat Thins<br>Bean Dip<br>1% Milk           | Multigrain Cheerios<br>Oranges<br>1% Milk | <b>CFS CLOSED<br/>GOOD FRIDAY</b>     |
| 28  | 29                                      | 30   | 31  |                                       |
| Banana Muffin<br>Oranges<br>1% Milk                 | Chex Mix<br>Pears<br>1% Milk            | Gold Fish<br>String Cheese<br>1% Milk        | Rice Cake<br>Bananas<br>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