

CFS March 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Cheez-It Crackers Melon 1% Milk	Veggies Straws Pears 1% Milk	Graham Crackers Vanilla Yogurt 1% Milk
6	7	8	9	10
Pretzel Sticks Bananas 1% Milk	Ritz Crackers Applesauces 1% Milk	Kix Cereal Melon 1% Milk	Friendship Crackers Pears 1% Milk	Tea Biscuit Apples 1% Milk
13	14	15	16	17
Multigrain Cheerios Oranges 1% Milk	Life Cereal Pears 1% Milk	Pancakes Bananas 1% Milk	English Muffin Cream Cheese 1% Milk	Chex Mix Apples 1% Milk
20	21	22	23	24
Gold Fish Pears 1% Milk	Waffle Apples 1% Milk	Wheat Thins String cheese 1% Milk	Friendship Cereals Bananas 1% Milk	CFS CLOSED TEACHER IN SERVICE
27	28	29	30	31
Honey Bunches of Oats Apples 1% Milk	Cheerios Bananas 1% Milk	Ritz Crackers Pears 1% Milk	Granola Strawberry Yogurt 1% Milk	Club Crackers Oranges 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 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Creamy Tomato Penne V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Cheese Quesadillas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Stroganoff V: Vegetarian Stroganoff Hawaiian Rolls Fresh Vegetables Fresh Fruit 1%Milk
6	7	8	9	10
Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Teriyakie V: Tofu Teriyakie Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1%Milk	Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% Milk
13	14	15	16	17
Lemon Herb Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1%Milk	Turkey Lasagna V: Veggie Lasagna French Bread Fresh Vegetables Fresh Fruit 1% Milk	Cheese Enchiladas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Chow Fun V:Veggie Chow Fun Spinach Soup Fresh Vegetables Fresh Fruit 1%Milk
20	21	22	23	24
Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Hawaiian Rolls Fresh Vegetables Fresh Fruit 1%Milk	Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetables Fresh Fruit 1%Milk	CFS CLOSED TEACHER IN SERVICE
27	28	29	30	31
Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Garlic Bread Fresh Vegetables Fresh Fruit 1%Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1%Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1%Milk	Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1%Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 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 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Goldfish Apples 1% Milk	Club Crackers Bananas 1% Milk	Waffles Oranges 1% Milk
6	7	8	9	10
Banana Muffin Pears 1% Milk	Cheerios Oranges 1% Milk	Triscuit Cheese Dip 1% Milk	Life Cereal Bananas 1% Milk	Cheez-It Crackers Melon 1% Milk
13	14	15	16	17
Cheddar Biscuit Bananas 1% Milk	Graham Crackers Apples 1% Milk	Wheat Thin String Cheese 1% Milk	French Bread French Onion Dip 1% Milk	Veggies Straws Pears 1% Milk
20	21	22	23	24
English Muffin Pizza Turkey Pepperoni 1% Milk	Ritz Crackers Melon 1% Milk	Tea Biscuit Melon 1% Milk	Multigrain Cheerios Oranges 1% Milk	CFS CLOSED TEACHER IN SERVICE
27	28	29	30	31
Pretzel Sticks Oranges 1% Milk	Chex Mix Pears 1% Milk	Gold Fish Apples 1% Milk	Kix Cereals Bananas 1% Milk	Friendship 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