

CFS March 2018 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Veggies Straws Apples 1% Milk	2 Graham Crackers Vanilla Yogurt 1% Milk
5 Pretzel Sticks Oranges 1% Milk	6 Cheez-It Crackers Bananas 1% Milk	7 Kix Cereal Melon 1% Milk	8 Friendship Crackers Pears 1% Milk	9 Rice Krispy Cereal Apples 1% Milk
13 Multigrain Cheerios Apples 1% Milk	14 Life Cereal Pears 1% Milk	15 Pancakes Bananas 1% Milk	16 English Muffin Jam 1% Milk	17 Chex Mix Oranges 1% Milk
20 Gold Fish Pears 1% Milk	21 Waffle Apples 1% Milk	22 Wheat Thins String cheese 1% Milk	23 Friendship Cereals Bananas 1% Milk	24 Pirates Booty Oranges 1% Milk
27 Club Crackers Bananas 1% Milk	28 Cheerios Oranges 1% Milk	29 Ritz Crackers Pears 1% Milk	30 Granola Strawberry Yogurt 1% Milk	31 CFS CLOSED GOOD FRIDAY

AM Snack Served 8:30am-9:00 for Infant and Waddler and 9:00am-9:30am for Preschool. We serve 1% milk for Preschool and Whole milk for Waddler and Infant
 Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice

CFS March 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cheese Quesadillas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Stroganoff V: Vegetarian Stroganoff Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk
5	6	7	8	9
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: Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Cheese Baked Ziti V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk
12	13	14	15	16
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
19	20	21	22	23
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	Creamy Tomato Penne V: French Bread Fresh Vegetables Fresh Fruit 1% Milk
26	27	28	29	30
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: Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	CFS CLOSED GOOD FRIDAY

Lunch Served 11:30-12:00pm for infant and waddler 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 March 2018 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Club Crackers Bananas 1% Milk	Cheez-It Crackers Melon 1% Milk
5	6	7	8	9
Pumkin Muffin Pears 1% Milk	Cheerios Oranges 1% Milk	Pirates Booty Apple 1% Milk	Life Cereal Bananas 1% Milk	Waffles Oranges 1% Milk
12	13	14	15	16
Cheddar Biscuit Bananas 1% Milk	Graham Crackers Apples 1% Milk	Life Cereals Melon 1% Milk	Friendship Crackers Oranges 1% Milk	Veggies Straws Pears 1% Milk
19	20	21	22	23
English Muffin Pizza Turkey Pepperoni 1% Milk	Ritz Crackers Melon 1% Milk	Wheat Thin Bean Dip 1% Milk	Multigrain Cheerios Oranges 1% Milk	Banana Muffin Melon 1% Milk
26	27	28	29	30
Pretzel Sticks Oranges 1% Milk	Chex Mix Pears 1% Milk	Gold Fish Apples 1% Milk	Kix Cereals Bananas 1% Milk	CFS CLOSED GOOD FRIDAY

PM Snack Served 2:30-3:00 Waddler and Infant and 3:00-3:30pm Preschool. We serve 1% milk for Preschool and Whole milk for Waddler and Infant
 Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice