

CFS May 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Creamy Tomato Penne V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	3 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	4 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk	5 Turkey Meatloaf V: Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	6 Chicken Stroganoff V: Mushroom Stroganoff Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk
9 Mac and Cheese V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	10 Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Dinner Rolls Fresh Vegetables Fresh Fruit 1% Milk	11 Parmesan Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	12 Fettuccini Alfredo V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	13 Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
16 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	17 Chicken Noodle Soup V: Vegetarian Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk	18 Turkey Lasagna V: Vegetarian Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	19 Chicken Stir Fry V: Vegetarian Stir Fry Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	20 Cheese Quesidilla V: Mexican Rice Fresh Vegetables Fresh Fruits 1% Milk
23 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	24 Cheese Enchilada V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	25 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	26 Lemon Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	27 Chicken Chow Mein V: Vegetarian Chow Mein Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
30 CFS Closed For Memorial Day	31 Parmesan Pasta V: Dinner Rolls 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 May 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chex Mix Apples 1% Milk	3 Cheerios Melon 1% Milk	4 Multigrain Crackers Oranges 1% Milk	5 Gold Fish Pears 1% Milk	6 Strawberry Yogurt Graham Crackers 1% Milk
9 Cheez it Crackers Apples 1% Milk	10 Club Crackers Pears 1% Milk	11 Friendship Cereals Oranges 1% Milk	12 Tea Biscuit Melon 1% Milk	13 Bagel Cream Cheese 1% Milk
16 Multigrain Cheerios Banana 1% Milk	17 Waffles Melons 1% Milk	18 Graham Crackers Apples 1% Milk	19 Ritz Crackers Pears 1% Milk	20 Pancake Jam 1% Milk
23 Life Cereal Melon 1% Milk	24 Friendship Crackers Pears 1% Milk	25 Granola Vanilla Yogurt 1% Milk	26 Bread Stick Bananas 1% Milk	27 English Muffin Jam 1% Milk
30 CFS Closed For Memorial Day	31 Applesauce Ritz Crackers			

AM Snack Served 9:00-9:30am

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

CFS May 2015 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Blueberry Muffin Oranges 1% Milk	3 Cheeze-It Crackers Apples 1% Milk	4 Wheat Thins String Cheese 1% Milk	5 Club Crackers Melon 1% Milk	6 Multigrain Cheerios Banana 1% Milk
9 Friendship Crackers Pears 1% Milk	10 Tea Biscuits Banana 1% Milk	11 Cheerios Melon 1% Milk	12 Gold Fish String Cheese 1% Milk	13 Banana Muffin Apple 1% Milk
16 Cheez-It Crackers Orange 1% Milk	17 Multigrain Crackers Cheese Dip 1% Milk	18 Graham Crackers Pear 1% Milk	19 English Muffin Pizza Turkey Pepperoni 1% Milk	20 Chex Mix Pears 1% Milk
23 Waffle Orange 1% Milk	24 Gold Fish Banana 1% Milk	25 French Bread Spinach Dip 1% Milk	26 Wheat Thins Bean Dip 1% Milk	27 Cheddar Biscuit Apples 1% Milk
30 CFS Closed For Memorial Day	31 Ritz Crackers Melon			

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