

CFS May 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Creamy Tomato Penne V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	2 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	3 Cheese Quesidilla V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	4 Turkey Lasagna V: Vegetarian Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	5 Chicken Stroganoff V: Mushroom Stroganoff Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk
8 Mac and Cheese V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	9 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk	10 Parmesan Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	11 Fettuccini Alfredo V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	12 Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
15 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	16 Chicken Noodle Soup V: Vegetarian Noodle Soup Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	17 Cheese Enchilada V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	18 Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetables Fresh Fruit 1% Milk	19 Chicken Stir Fry V: Vegetarian Stir Fry Steamed Rice Fresh Vegetables Fresh Fruits 1% Milk
22 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	23 Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	24 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	25 Lemon Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	26 Chicken Chow Mein V: Vegetarian Chow Mein Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
29 CFS CLOSED Memorial Day	30 Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	31 Turkey Meatloaf V: Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruits 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 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chex Mix Apples 1% Milk	2 Cheerios Melon 1% Milk	3 Triscuit Oranges 1% Milk	4 Gold Fish Pears 1% Milk	5 Strawberry Yogurt Graham Crackers 1% Milk
8 Cheez it Crackers Apples 1% Milk	9 Club Crackers Oranges 1% Milk	10 Friendship Cereals Pears 1% Milk	11 Tea Biscuit Melon 1% Milk	12 English Muffin Cream Cheese 1% Milk
15 Multigrain Cheerios Melon 1% Milk	16 Waffles Oranges 1% Milk	17 Graham Crackers Apples 1% Milk	18 Ritz Crackers Pears 1% Milk	19 Veggies Straws Banana 1% Milk
22 Life Cereal Melon 1% Milk	23 Friendship Crackers Pears 1% Milk	24 Granola Vanilla Yogurt 1% Milk	25 Pancake Jam 1% Milk	26 Pretzel Sticks Apples 1% Milk
29 CFS CLOSED Memorial Day	30 Applesauce Ritz Crackers 1% Milk	31 Kix Cereal Banana 1% Milk		

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 2017 PM Snack Menu

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