

CFS November 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetable Fresh Fruit 1% Milk	Spaghetti with Meat Sauce V: Spaghetti in Marinara Sauce Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	Chicken Noodle Soup V: Vegetarian Noodle Soup Whole Wheat Bread Fresh Vegetable Fresh Fruit 1% Milk	Chicken Stir Fry V: Vegetarian Stir Fry Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk
7	8	9	10	11
Macaroni and Cheese V: French Bread Fresh Vegetable Fresh Fruit 1% Milk	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Cheese Quesadillas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	CFS CLOSED VETERANS DAY HOLIDAY
14	15	16	17	18
Creamy Tomato Penne V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Veggie Chow Fun V: Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk	Chicken Stroganoff V: Mushroom Stroganoff Hawaiian Rolls Fresh Vegetable Fresh Fruit 1% Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetable Fresh Fruit 1% Milk
21	22	23	24	25
Butter Herb Pasta V: Whole Wheat Bread Fresh Vegetable Fresh Fruit 1% Milk	Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetable Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	CFS CLOSED THANKSGIVING HOLIDAY	
28	29	30		
Lemon Herb Pasta V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk	Cheese Enchiladas V: Mexican Rice Fresh Vegetable 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 November 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chex Mix Apples 1% Milk	Friendship Cereals Pears 1% Milk	Veggie Straws Bananas 1% Milk	Cheez-it Crackers Oranges 1% Milk
7	8	9	10	11
Cheerios Pears 1% Milk	Granola Strawberry Yogurt 1% Milk	Honey Bunches of Oats Bananas 1% Milk	Graham Crackers Oranges 1% Milk	CFS CLOSED VETERANS DAY
14	15	16	17	18
English Muffin Jam 1% Milk	Multigrain Crackers Bananas 1% Milk	Wheat Thins Pears 1% Milk	Pretzels Apples 1% Milk	Pancakes Bananas 1% Milk
21	22	23	24	25
Life Cereal Oranges 1% Milk	Waffles Pears 1% Milk	Goldfish Applesauce 1% Milk	CFS CLOSED THANKSGIVING HOLIDAY	
28	29	30		
Multigrain Cheerios Apples 1% Milk	Club Crackers Melon 1% Milk	Ritz Crackers Bananas 1% Milk		

AM Snack Served 8:30am-9:00 for Infant and Waddler 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 November 2016 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	3
	Multigrain Crackers Oranges 1% Milk	Pretzels Pears 1% Milk	Ritz Crackers Apples 1% Milk	Multigrain Cheerios Melon 1% Milk
7	8	9	10	11
Banana Muffin Oranges 1% Milk	Chex Mix Bananas 1% Milk	Waffles Apples 1% Milk	Wheat Thins Cheese Dip 1% Milk	CFS CLOSED VETERANS DAY
14	15	16	17	18
Graham Crackers Pears 1% Milk	Cheerios Oranges 1% Milk	English Muffin Pizza Turkey Pepperoni 1% Milk	French Bread Spinach Dip 1% Milk	Veggie Straws Apples 1% Milk
21	22	23	24	25
Blueberry Muffin Bananas 1% Milk	Club Crackers Melon 1% Milk	Multigrain Crackers Bean Dip 1% Milk	CFS CLOSED THANKSGIVING HOLIDAY	
28	29	30		
Cheddar Biscuits Oranges 1% Milk	Cheeze-it Crackers Apples 1% Milk	Wheat Thins String Cheese 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