

## CFS November 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Cheese Quesadillas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk
6	7	8	9	10
Creamy Tomato Penne V: Hawaiian Rolls Fresh Vegetable Fresh Fruit 1% Milk	Turkey Lasagna V: Veggie Lasagna French Bread Fresh Vegetable Fresh Fruit 1% Milk	Chicken Teriyakie V: Tofu Teriyakie Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetable Fresh Fruit 1% Milk	Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk
13	14	15	16	17
Lemon Herb Pasta V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Pesto Pasta V: French Bread Fresh Vegetable Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Hawaiian Rolls Fresh Vegetable Fresh Fruit 1% Milk	Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetable Fresh Fruit 1% Milk
20	21	22	23	24
Baked Chicken V: Baked Mozzarella Cheese Stic Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Parmesan Pasta V: Hawaiian Rolls Fresh Vegetable Fresh Fruit 1% Milk	Cheese Baked Ziti V: French Bread Fresh Vegetable Fresh Fruit 1% Milk	<b>CFS CLOSED THANKSGIVING HOLIDAY</b>	
27	28	29	30	
Fettuccini Alfredo V: Hawaiian Rolls Fresh Vegetable Fresh Fruit 1% Milk	Chicken Straganoff V: Vegetarian Straganoff French Bread Fresh Vegetable Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Mac and Cheese V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	

Lunch Served 11:30-12:00pm for infant 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 November 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pretzel Sticks Oranges 1% Milk	2 Veggie Straws Apples 1% Milk	3 Cheerios Bananas 1% Milk
6 Rice Krispie Cereal Melon 1% Milk	7 Graham Crackers Oranges 1% Milk	8 Granola Strawberry Yogurt 1% Milk	9 Chex Mix Apples 1% Milk	10 English Muffin Jam 1% Milk
13 Cheez-It Crackers Pears 1% Milk	14 Life Cereals Melon 1% Milk	15 Multigrain Cheerios Apples 1% Milk	16 Pirates Booty Pineapple 1% Milk	17 Friendship Crackers Pears 1% Milk
20 Mini Wheats Cereals Pears 1% Milk	21 Ritz Crackers Vanilla Yogurt 1% Milk	22 Club Crackers Banana 1% Milk	23 CFS CLOSED THANKSGIVING HOLIDAY	24 CFS CLOSED THANKSGIVING HOLIDAY
27 Kix Cereal Apples 1% Milk	28 Waffles Bananas 1% Milk	29 Wheat Thin Pears 1% Milk	30 Pancake Jam 1% Milk	

AM Snack Served 8:30-9:00 for Infant and Waddler and 9:00-9:30 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 November 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Multigrain Cheerios Apples 1% Milk	2 Club Crackers Melon 1% Milk	3 Friendship Crackers Oranges 1% Milk
6 Banana Muffin Apples 1% Milk	7 Kix Cereal Bananas 1% Milk	8 Cheez-It Crackers Melon 1% Milk	9 Ritz Crackers Pears 1% Milk	10 Pirates Booty Pineapple 1% Milk
13 Life Cereal Banana 1% Milk	14 Chex Mix Cheese Dip 1% Milk	15 Wheat Thins Cheese Dip 1% Milk	16 Graham Crackers Oranges 1% Milk	17 English Muffin Pizza Turkey Pepperoni 1% Milk
20 Veggie Straws Pineapple 1% Milk	21 Waffles Apples 1% Milk	22 Gold Fish Oranges 1% Milk	23 CFS CLOSED THANKSGIVING HOLIDAY	24 CFS CLOSED THANKSGIVING HOLIDAY
27 Pretzel Sticks Pears 1% Milk	28 French Bread Spinach Dip 1% Milk	29 Cheerios Apples 1% Milk	30 Cheddard Biscuit Melon 1% Milk	

PM Snack Served 2:30-3:00 for Infant and Waddler and 3:00-3:30 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