

CFS October 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	4 Chicken Stir Fry V: Vegetarian Stir Fry Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	5 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk	6 Fettuccini Alfredo V. French Bread Fresh Vegetables Fresh Fruit 1% Milk	7 Chicken Stroganoff V: Mushroom Stroganoff Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk
10 Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	11 Parmesan Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	12 Chicken Chow Mein V: Vegetarian Chow Mein Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	13 Turkey Meatloaf V: Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	14 Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Sauce French Bread Fresh Vegetables Fresh Fruit 1% Milk
17 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	18 Chicken Noodle Soup V: Vegetarian Noodle Soup Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	19 Turkey Lasagna V: Vegetarian Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	20 Chicken Teriyaki V. Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	21 Veggie Chowder V: Whole Wheat Bread Fresh Vegetables Fresh Fruit 1% Milk
24 Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	25 Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	26 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	27 Cheese Enchiladas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	28 Macaroni and Cheese V. French Bread Fresh Vegetables Fresh Fruit 1% Milk
31 Lemon Herb Pasta V: French Bread 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 October 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chex Mix Apples 1% Milk	4 Cheerios Melon 1% Milk	5 Bagel Cream Cheese 1% Milk	6 Gold Fish Pears 1% Milk	7 Graham Crackers Strawberry Yogurt 1% Milk
10 Cheez it Crackers Apples 1% Milk	11 Friendship Cereals Pears 1% Milk	12 Club Crackers Oranges 1% Milk	13 Pretzels Melon 1% Milk	14 Multigrain Crackers Bananas 1% Milk
17 Multigrain Cheerios Bananas 1% Milk	18 Triscuit Melon 1% Milk	19 Waffles Oranges 1% Milk	20 Ritz Crackers Pears 1% Milk	21 Pancakes Jam 1% Milk
24 Pretzels Apples 1% Milk	25 Friendship Crackers Pears 1% Milk	26 Granola Vanilla Yogurt 1% Milk	27 Honey Bunches of Oats Bananas 1% Milk	28 English Muffin Jam 1% Milk
31 Ritz Crackers Applesauce				

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 October 2016 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Blueberry Muffin Oranges 1% Milk	4 Cheeze-It Crackers Apples 1% Milk	5 Wheat Thins String Cheese 1% Milk	6 Club Crackers Melon 1% Milk	7 Multigrain Cheerios Bananas 1% Milk
10 Friendship Crackers Pears 1% Milk	11 Veggie Straws Bananas 1% Milk	12 Cheerios Melon 1% Milk	13 Gold Fish String Cheese 1% Milk	14 Banana Muffin Apple 1% Milk
17 Cheez-It Crackers Orange 1% Milk	18 Multigrain Crackers Apples 1% Milk	19 Graham Crackers Pears 1% Milk	20 English Muffin Pizza Turkey Pepperoni 1% Milk	21 Chex Mix Melon 1% Milk
24 Waffles Orange 1% Milk	25 Gold Fish Banana 1% Milk	26 Life Cereal Melon 1% Milk	27 Wheat Thins Pears 1% Milk	28 Cheddar Biscuit Apples 1% Milk
31 Veggie Straws Melon 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