

## CFS October 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	3 Parmesan Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	4 Turkey Sloppy Joes V: Vegetarian Sloppy Joes String Cheese Fresh Vegetables Fresh Fruit 1% Milk	5 Fettuccini Alfredo V. French Bread Fresh Vegetables Fresh Fruit 1% Milk	6 Chicken Stroganoff V: Mushroom Stroganoff Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk
9 Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	10 Turkey Meatloaf V: Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	11 Chicken Chow Mein V: Vegetarian Chow Mein Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	12 Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Sauce French Bread Fresh Vegetables Fresh Fruit 1% Milk	13 Chicken Stir Fry V: Vegetarian Stir Fry Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
16 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	17 Chicken Noodle Soup V: Vegetarian Noodle Soup Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	18 Turkey Lasagna V: Vegetarian Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	19 Chicken Teriyaki V. Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	20 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk
23 Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	24 Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	25 Macaroni and Cheese V. French Bread Fresh Vegetables Fresh Fruit 1% Milk	26 Cheese Enchiladas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	27 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk
30 Grilled Cheese Sandwich V: Creamy Tomato Soup 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 . 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 October 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chex Mix Apples 1% Milk	3 Cheerios Melon 1% Milk	4 Pretzel Sticks Banana 1% Milk	5 Gold Fish Pears 1% Milk	6 Graham Crackers Strawberry Yogurt 1% Milk
9 Cheez it Crackers Apples 1% Milk	10 Friendship Cereals Pears 1% Milk	11 Club Crackers Oranges 1% Milk	12 Banana Pancake Melon 1% Milk	13 Pirate's Booty Banana 1% Milk
16 Multigrain Cheerios Bananas 1% Milk	17 Waffles Melon 1% Milk	18 Life Cereal Oranges 1% Milk	19 Rice Krispy Cereals Pears 1% Milk	20 Pancakes Jam 1% Milk
23 Wheat Thins Apples 1% Milk	24 Friendship Crackers Pears 1% Milk	25 Granola Vanilla Yogurt 1% Milk	26 Kix Cereals Bananas 1% Milk	27 Kellogg Mini Wheats Cereal Jam 1% Milk
30 Ritz Crackers Applesauce 1% Milk	31 English Muffin Banana 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 October 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Banana Muffin Oranges 1% Milk	3 Cheeze-It Crackers Apples 1% Milk	4 Wheat Thin Cheese Dip 1% Milk	5 Club Crackers Melon 1% Milk	6 Multigrain Cheerios Bananas 1% Milk
9 Friendship Crackers Pears 1% Milk	10 Veggie Straws Bananas 1% Milk	11 Cheerios Melon 1% Milk	12 Gold Fish String Cheese 1% Milk	13 Kix Cereal Apple 1% Milk
16 Pretzel Sticks Orange 1% Milk	17 French Bread Spinach Dip 1% Milk	18 Ritz Crackers Pears 1% Milk	19 English Muffin Pizza Turkey Pepperoni 1% Milk	20 Chex Mix Melon 1% Milk
23 Waffles Orange 1% Milk	24 Gold Fish Banana 1% Milk	25 Life Cereal Melon 1% Milk	26 Graham Crackers Pears 1% Milk	27 Cheddar Biscuit Apples 1% Milk
30 Pumpkin Muffin Melon 1% Milk	31 Pirate's Booty Spooky String Cheese 1% Milk			

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