

CFS September 2016 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Stroganoff V: Vegetarian Stroganoff Dinner Roll Fresh Vegetable Fresh Fruit 1% Milk	Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce French Bread Fresh Vegetable Fresh Fruit 1% Milk
LABOR DAY HOLIDAY CFS CLOSED	5	6	7	8
	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Mac and Cheese V: French Bread Fresh Vegetable Fresh Fruit 1% Milk	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Turkey Lasagna V: Veggie Lasagna French Bread Fresh Vegetable Fresh Fruit 1% Milk
12	13	14	15	16
Butter Herb Pasta V: Dinner Rolls Fresh Vegetable Fresh Fruit 1% Milk	Turkey Sloppy Joe V: Vegetarian Sloppy Joe String Cheese Fresh Vegetable Fresh Fruit 1% Milk	Cheese Quesadillas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetable Fresh Fruit 1% Milk	Chicken Stir Fry V: Vegetarian Stir Fry Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk
19	20	21	22	23
Creamy Tomato Penne V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Fresh Vegetable Fresh Fruit 1% Milk	Cheese Enchiladas V: Mexican Rice Fresh Vegetable Fresh Fruit 1% Milk	Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Veggie Chow Fun V: Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk
26	27	28	29	30
Fetuccini Alfredo V: Garlic Bread Fresh Vegetable Fresh Fruit 1% Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Fresh Vegetable Fresh Fruit 1% Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Fresh Vegetable Fresh Fruit 1% Milk	Lemon Herb Pasta V: French Bread 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 September 2016 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Waffles Bananas 1% Milk	2 Cheez-it Crackers Pears 1% Milk
5 LABOR DAY HOLIDAY CFS CLOSED	6 Multigrain Crackers Oranges 1% Milk	7 English Muffin Jam 1% Milk	8 Graham Crackers Melon 1% Milk	9 Pancakes Apples 1% Milk
12 Triscuit Crackers Melon 1% Milk	13 Ritz Crackers Bananas 1% Milk	14 Pretzels Pears 1% Milk	15 Chex Mix Apples 1% Milk	16 Granola Strawberry Yogurt 1% Milk
19 Honey Bunches of Oats Oranges 1% Milk	20 Ritz Crackers Applesauce 1% Milk	21 Life Cereal Pears 1% Milk	22 Goldfish Melon 1% Milk	23 Blueberry Pancakes Apples 1% Milk
26 Multigrain Cheerios Apples 1% Milk	27 Club Crackers Melon 1% Milk	28 Veggie Straws Oranges 1% Milk	29 Friendship Cereals Pears 1% Milk	30 Tea Biscuits 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 September 2016 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 French Bread Spinach Dip 1% Milk	2 Club Crackers Apples 1% Milk
5 LABOR DAY HOLIDAY CFS CLOSED	6 Kix Cereal Apples 1% Milk	7 Chex Mix Melon 1% Milk	8 Gold Fish Pears 1% Milk	9 English Muffin Pizza Turkey Pepperoni 1% Milk
12 Blueberry Muffin Bananas 1% Milk	13 Cheerios Oranges 1% Milk	14 Wheat Thins String Cheese 1% Milk	15 Ancient Grains Crackers Pears 1% Milk	16 Veggie Straws Melon 1% Milk
19 Graham Crackers Pears 1% Milk	20 Waffles Melon 1% Milk	21 Multigrain Crackers Bean Dip 1% Milk	22 Friendship Crackers Apples 1% Milk	23 Cheddar Biscuits Oranges 1% Milk
26 Ritz Crackers Melon 1% Milk	27 Wheat Thins Cheese Dip 1% Milk	28 Gold Fish String Cheese 1% Milk	29 Cheez-it Crackers Apples 1% Milk	30 Banana Muffins Oranges 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