

## CFS September 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken Stroganoff V: Mushroom Stroganoff Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk
4	5	6	7	8
CFS CLOSED LABOR DAY	Parmesan Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Chicken Chow Mein V: Vegetarian Chow Mein Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk	Turkey Meatloaf V: Vegetarian Meatloaf Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Sauce French Bread Fresh Vegetables Fresh Fruit 1% Milk
11	12	13	14	15
Macaroni and Cheese V. Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Noodle Soup V: Vegetarian Noodle Soup Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Fried Rice V: Vegetarian Fried Rice Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk
18	19	20	21	22
Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Teriyaki V. Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Cheese Enchiladas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk	Fettuccini Alfredo V. French Bread Fresh Vegetables Fresh Fruit 1% Milk	Turkey Lasagna V: Vegetarian Lasagna Hawaiian Rolls Fresh Vegetables Fresh Fruit 1% Milk
25	26	27	28	29
Lemon Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk	Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk	Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk	Chicken Stir Fry V: Vegetarian Stir Fry Steamed Rice 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 September 2017 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Club Crackers Bananas 1% Milk
4 CFS CLOSED LABOR DAY	5 Friendship Cereals Pears 1% Milk	6 Multigrain Crackers Oranges 1% Milk	7 Pretzels Sticks Melon 1% Milk	8 Graham Crackers Strawberry Yogurt 1% Milk
11 Multigrain Cheerios Bananas 1% Milk	12 Triscuit Melon 1% Milk	13 Waffles Oranges 1% Milk	14 Ritz Crackers Pears 1% Milk	15 Pancakes Jam 1% Milk
18 Club Crackers Apples 1% Milk	19 Vanilla Yogurt Granola 1% Milk	20 Friendship Crackers Pears 1% Milk	21 Kix Bananas 1% Milk	22 English Muffin Jam 1% Milk
25 Ritz Crackers Applesauce 1% Milk	26 Chex Mix Melon 1% Milk	27 Wheat Thin Apples 1% Milk	28 Tea Biscuits Pears 1% Milk	29 Cheez it Crackers Oranges 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 September 2017 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pretzel Sticks Melon 1% Milk
4  CFS CLOSED LABOR DAY	5 Club Crackers Bananas 1% Milk	6 Cheerios Melon 1% Milk	7 Gold Fish String Cheese 1% Milk	8 Banana Muffin Apple 1% Milk
11 Cheez-It Crackers Orange 1% Milk	12 Multigrain Crackers Apples 1% Milk	13 Graham Crackers Pears 1% Milk	14 English Muffin Pizza Turkey Pepperoni 1% Milk	15 Chex Mix Melon 1% Milk
18 Waffles Orange 1% Milk	19 Wheat Thins Banana 1% Milk	20 Life Cereal Melon 1% Milk	21 Ritz Crackers Pears 1% Milk	22 Cheddar Biscuit Apples 1% Milk
25 Veggie Straws Oranges 1% Milk	26 Triscuit String Cheese 1% Milk	27 Multigrain Cheerios Bananas 1% Milk	28 Blueberry Muffin Melon 1% Milk	29 Friendship Crackers Pears 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