

July 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Grilled Cheese V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	CFS CLOSED July 4th Holiday
6	7	8	9	10
Creamy Tomato Penne V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*
13	14	15	16	17
Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Sunbutter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Baked Pasta V: Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Orange Chicken V: Orange Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
20	21	22	23	24
Spaghetti w/ Meat Sauce V: Spaghetti Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Veggie Udon Stir Fry V: Spinach Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
27	28	29	30	31
Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Quesadilla V: Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Hotdog V: Veggie Hotdog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Lasagna V: Cheese Lasagna Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*

Lunch Served: 11:30-12:00pm for Infant and Waddler Classrooms; and 12:00-12:30pm for Preschool and School Age Classrooms.
 Minimum Requirement: **Age 1 & 2:** Milk 1/2cup, Meat or Meat Alternative 1.0 oz., Fruit and Vegetables 1/4 cup, Cheese 1oz., Pasta and Grain 1/4 cup, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 2tbsp; **Age 3-5:** Milk 3/4cup, Meat or Meat Alternative 1.5 oz., Cheese 1.5oz Fruit and Vegetables 1/2 cup, Pasta and Grain 1/4 cup, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 3tbsp; **Age 6-12:** Milk 1cup, Meat or Meat Alternative 2.05 oz., Cheese 2oz, Fruit and Vegetables 3/4 cup, Pasta and Grain 1/2 cup, Roll 1/2 serving, Bread 1slice, Seed Butter 4tbsp. Vegetarian option available at all meals. Fresh Fruit Includes: Apples, Bananas, Pears, Oranges, Pineapple, Cantaloupe, Honeydew, Tangerines, Watermelon, Strawberries and Seasonal Fruits.

*** We serve Whole Milk for Infant and Waddler Classrooms; and 1% Milk for Preschool and School Age Classrooms.**

July 2026 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		English Muffin Cream Cheese 1% /Whole Milk*	Saltine Crackers Sun Butter 1% /Whole Milk*	CFS CLOSED July 4th Holiday
6	7	8	9	10
Ritz Crackers Applesauce 1% /Whole Milk*	Club Crackers Banana 1% /Whole Milk*	Strawberry Cheerios Apples 1% /Whole Milk*	Pretzel Pineapple 1% /Whole Milk*	Goldfish Pears 1% /Whole Milk*
13	14	15	16	17
Life Cereals Pears 1% /Whole Milk*	Veggies Straws Apples 1% /Whole Milk*	Dot Pretzel Oranges 1% /Whole Milk*	Chex Mix Melon 1% /Whole Milk*	Yogurt Granola 1% /Whole Milk*
20	21	22	23	24
Multigrain Cheerios Apple 1% /Whole Milk*	Graham Crackers Pineapple 1% /Whole Milk*	Cheez-It Crackers Oranges 1% /Whole Milk*	Snap Peas Melon 1% /Whole Milk*	Cheerios Pears 1% /Whole Milk*
27	28	29	30	31
Wheat Thin Pears 1% /Whole Milk*	Friendship Cereals Pineapple 1% /Whole Milk*	Pop Cereals Melon 1% /Whole Milk*	Pretzel Crisps Oranges 1% /Whole Milk*	Animal Crackers Apples 1% /Whole Milk*

AM Snack Served 8:30-9:00am for Infant and Waddler Classrooms; and 9:00-9:30am for Preschool and School Age Classrooms.

Minimum Requirement: **Age 1 & 2:** Milk 1/2cup, Fruit and Vegetables 1/4 cup, Cheese 0.5oz., Cracker 2.0 oz., Muffin or Biscuit 1/2 serving, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 1tbsp, Yogurt 2oz. ; **Age 3-5:** Milk 3/4cup, Fruit and Vegetables 1/2 cup, Cheese 0.5oz., Cracker 2.0 oz., Muffin or Biscuit 1/2 serving, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 1tbsp, Yogurt 2oz.; **Age 6-12:** Milk 1cup, Fruit and Vegetables 3/4 cup, Cheese 1oz., Cracker 2.0 oz., Muffin or Biscuit 1 serving, Roll 1serving, Bread 1slice, Seed Butter 2tbsp, Yogurt 4oz. Fresh Fruit Includes: Apples, Bananas, Pears, Oranges, Pineapple, Cantaloupe, Honeydew, Tangerines, Watermelon, Strawberries and Seasonal Fruits. ***We serve Whole Milk for Infant and Waddler Classrooms; and 1% Milk for Preschool and School Age Classrooms.**

July 2026 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Ritz Crackers Apple 1% /Whole Milk*	Goldfish Oranges 1% /Whole Milk*	CFS CLOSED July 4th Holiday
6	7	8	9	10
Friendship Crackers Pineapple 1% /Whole Milk*	Animal Crackers Oranges 1% /Whole Milk*	Pretzel Crisp Pears 1% /Whole Milk*	Chex Mix Melon 1% /Whole Milk*	Saltine Crackers Apple 1% /Whole Milk*
13	14	15	16	17
Snap Peas Apples 1% /Whole Milk*	Cheddar Biscuit Banana 1% /Whole Milk*	Cheerios Pineapples 1% /Whole Milk*	Pretzel Sticks Pears 1% /Whole Milk*	Strawberry Cheerios Melon 1% /Whole Milk*
20	21	22	23	24
Dot Pretzel Pineapple 1% /Whole Milk*	Wheat Thin String Cheese 1% /Whole Milk*	Life Cereals Melon 1% /Whole Milk*	Friendship Cereals Apples 1% /Whole Milk*	Pop Cereals Banana 1% /Whole Milk*
27	28	29	30	31
Cheerios Oranges 1% /Whole Milk*	Veggies Straws Apples 1% /Whole Milk*	Club Crackers Pineapples 1% /Whole Milk*	Cheez-It Crackers Pears 1% /Whole Milk*	Graham Crackers Melon 1% /Whole Milk*

PM Snack Served: 2:30-3:00pm for Infant and Waddler Classrooms; and 3:00-3:30pm for Preschool and School Age Classrooms.

Minimum Requirement: **Age 1 & 2:** Milk 1/2cup, Fruit and Vegetables 1/4 cup, Cheese 0.5oz., Cracker 2.0 oz., Muffin or Biscuit 1/2 serving, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 1tbsp, Yogurt 2oz. ; **Age 3-5:** Milk 3/4cup, Fruit and Vegetables 1/2 cup, Cheese 0.5oz., Cracker 2.0 oz., Muffin or Biscuit 1/2 serving, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 1tbsp, Yogurt 2oz.; **Age 6-12:** Milk 1cup, Fruit and Vegetables 3/4 cup, Cheese 1oz., Cracker 2.0 oz., Muffin or Biscuit 1 serving, Roll 1serving, Bread 1slice, Seed Butter 2tbsp, Yogurt 4oz. Fresh Fruit Includes: Apples, Bananas, Pears, Oranges, Pineapple, Cantaloupe, Honeydew, Tangerines, Watermelon, Strawberries and Seasonal Fruits. ***We serve Whole Milk for Infant and Waddler Classrooms; and 1% Milk for Preschool and School Age Classrooms.**