

September 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	2 Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	3 Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	4 Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*
7 CFS CLOSED LABOR DAY	8 Cheese Quesadilla V: Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	9 Baked Pasta V: Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	10 Spaghetti w/ Meat Sauce V: Spaghetti Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	11 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
14 Creamy Tomato Penne V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	15 Sunbutter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	16 Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	17 Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*	18 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
21 Grilled Cheese V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	22 Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	23 Turkey Hotdog V: Veggie Hotdog Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	24 Orange Chicken V: Orange Tofu String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	25 Turkey Lasagna V: Cheese Lasagna Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*
28 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	29 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	30 Cheese Pizza V: Cream of Broccoli Soup 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.

September 2026 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Graham Crackers Pineapple 1% /Whole Milk*	2 Pretzel Crisps Oranges 1% /Whole Milk*	3 Cheez-It Crackers Pears 1% /Whole Milk*	4 Snap Peas Apples 1% /Whole Milk*
7 CFS CLOSED LABOR DAY	8 Animal Crackers Apples 1% /Whole Milk*	9 Friendship Cereals Oranges 1% /Whole Milk*	10 Yogurt Granola 1% /Whole Milk*	11 Saltine Crackers Sun Butter 1% /Whole Milk*
14 Life Cereals Pears 1% /Whole Milk*	15 Wheat Thin Pineapple 1% /Whole Milk*	16 Strawberry Cheerios Banana 1% /Whole Milk*	17 English Muffin Cream Cheese 1% /Whole Milk*	18 Pop Cereals Melon 1% /Whole Milk*
21 Multigrain Cheerios Pineapple 1% /Whole Milk*	22 Pretzel Pears 1% /Whole Milk*	23 Friendship Crackers Apple 1% /Whole Milk*	24 Ritz Crackers Applesauce 1% /Whole Milk*	25 Chex Mix Oranges 1% /Whole Milk*
28 Veggies Straws Melon 1% /Whole Milk*	29 Dot Pretzel Apples 1% /Whole Milk*	30 Goldfish Oranges 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.**

September 2026 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Friendship Cereals Apples 1% /Whole Milk*	2 Life Cereals Banana 1% /Whole Milk*	3 Snap Peas Melon 1% /Whole Milk*	4 Cheez-It Crackers Pears 1% /Whole Milk*
7 CFS CLOSED LABOR DAY	8 Cheerios Pineapples 1% /Whole Milk*	9 Pretzel Crisp Pears 1% /Whole Milk*	10 Chex Mix Melon 1% /Whole Milk*	11 Wheat Thin String Cheese 1% /Whole Milk*
14 Graham Crackers Apples 1% /Whole Milk*	15 Pop Cereals Pears 1% /Whole Milk*	16 Goldfish Melon 1% /Whole Milk*	17 Dot Pretzel Oranges 1% /Whole Milk*	18 Strawberry Cheerios Pineapples 1% /Whole Milk*
21 Veggies Straws Apples 1% /Whole Milk*	22 Ritz Crackers Oranges 1% /Whole Milk*	23 Dot Pretzel Pineapple 1% /Whole Milk*	24 Club Crackers Sun Butter 1% /Whole Milk*	25 Animal Crackers Pears 1% /Whole Milk*
28 Cheddar Biscuit Oranges 1% /Whole Milk*	29 Cheerios Banana 1% /Whole Milk*	30 Friendship Crackers Apples 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.**