

## CFS August 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Broccoli Fresh Fruit 1%Milk	Cheese Quesadilla V: Tortilla Soup Corn Fresh Fruit 1% Milk	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Peas Fresh Fruit 1% Milk
6	7	8	9	10
Mac and Cheese V: Hawaiian Roll Mixed Veggies Fresh Fruit 1%Milk	Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Peas Fresh Fruit 1%Milk	Turkey Lasagna V: Veggie Lasagna Garlic Bread Broccoli Fresh Fruit 1%Milk	Baked Chicken V: Baked Veggies Steamed Rice Corn Fresh Fruit 1%Milk	Creamy Tomato Penne V: Spinach Soup Cauliflower Fresh Fruit 1% Milk
13	14	15	16	17
Spaghetti w/ Turkey Meatballs Spaghetti w/ Marinara Garlic Bread Carrot slices Fresh Fruit 1% Milk	Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Stir Fry Bok Choy Fresh Fruit 1%Milk	Chicken Casserole V: Veggie Casserole Dinner Roll Corn Fresh Fruit 1%Milk	Fettuccini Alfredo V: Cheesy Bread Broccoli Fresh Fruit 1%Milk	Turkey Cheese Sandwiches V: Cheese Sandwiches Creamy Tomato Soup Mixed Veggies Fresh Fruit 1%Milk
20	21	22	23	24
Parmesan Chicken V: Parmesan Eggplant Steamed Rice Mixed Veggies Fresh Fruit 1%Milk	Butter Herb Pasta V: Hawaiian Roll Peas Fresh Fruit 1%Milk	Chicken Stir Fry V: Veggie Stir Fry Steamed Rice Chinese Spinach (Gai Lan) Fresh Fruit 1%Milk	Parmesan Pasta V: Garlic Bread Carrot Fresh Fruit 1% Milk	Chicken Casserole V: Veggie Casserole Dinner Roll Corn Fresh Fruit 1% Milk
27	28	29	30	31
Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Peas Fresh Fruit 1%Milk	Baked Chicken V: Baked Veggies Steamed Rice Broccoli Fresh Fruit 1%Milk	Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Corn Fresh Fruit 1%Milk	Pesto Pasta V: Cheesy Bread Mixed Veggies Fresh Fruit 1% Milk	Chicken Enchilada V: Cheese Enchilada Mexican Rice Black Bean 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 August 2012 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Honey Bunches of Oats Melon 1% Milk	2 Waffles Bananas 1% Milk	3 Hawaiian Roll Watermelon 1% Milk
6 Breadstick Strawberry Yogurt 1% Milk	7 Kix Bananas 1% Milk	8 Graham Cracker Applesauce 1% Milk	9 Bagel & Cream Cheese Oranges 1% Milk	10 Club Cracker Mixed Fruit 1% Milk
13 String Cheese Apples 1% Milk	14 Friendship Cracker Bananas 1% Milk	15 Life Cereal Cantaloupe 1% Milk	16 Ritz Cracker Peach Yogurt 1% Milk	17 Toast w/ Jam Mixed Fruit 1% Milk
20 Pancake Oranges 1% Milk	21 Granola Vanilla Yogurt 1% Milk	22 Friendship Cereal Honeydew 1% Milk	23 Rice Cake Applesauce 1% Milk	24 Wheat Thins String Cheese 1% Milk
27 Goldfish Apples 1% Milk	28 Graham Cracker Vanilla Yogurt 1% Milk	29 Banana Tortilla Rolls 1% Milk	30 Cheerios Oranges	31 Waffles Bananas

AM Snack Served 9:00-9:30am

Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice

## CFS August 2012 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Banana Tortilla Rolls 1% Milk	2 Cheddar Pretzel String Cheese 1% Milk	3 English Muffin Pizza Turkey Pepperoni 1% Milk
6 Wheat Thins Cheese Sticks 1% Milk	7 Banana Muffins Apples 1% Milk	8 Gold Fish Oranges 1% Milk	9 Cheez-It Crackers Pears 1% Milk	10 Ritz Crackers Vanilla Yogurt 1% Milk
13 Pretzel Sticks Cheese Dip 1% Milk	14 Waffles Watermelon 1% Milk	15 English Muffin Pizza Turkey Pepperoni 1% Milk	16 Graham Crackers Oranges 1% Milk	17 MultiGrain Cheerios Honeydew 1% Milk
20 Ritz Cracker String Cheese 1% Milk	21 Cheddar Biscuit Watermelon 1% Milk	22 Chex Mix Pears 1% Milk	23 Strawberry Cream Pinwheels Apples 1% Milk	24 Friendship Crackers Mixed Fruit 1% Milk
27 Club Crackers Pears 1% Milk	28 Kix Banana 1% Milk	29 Cheez-It Crackers Watermelon 1% Milk	30 Ritz Crackers Applesauce 1% Milk	31 Chex Mix Mixed Fruit 1% Milk

PM Snack Served 3:00-3:30pm

Minimum Requirement: Milk or Juice-1/2cup, Fruit and Vegetables-1/2cup, Cracker-1/2cup, Bread-1 slice