

CFS September 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 CFS CLOSED FOR LABOR DAY	4 Spaghetti w/ Turkey Meat Sauce Spaghetti w/ Marinara Garlic Bread Broccoli Fresh Fruit 1%Milk	5 Cheese Quesadilla V: Mexican Rice Corn Fresh Fruit 1%Milk	6 Parmesan Pasta V: Dinner Rolls Carrot Fresh Fruit 1% Milk	7 Baked Chicken V: Baked Veggies Steamed Rice Cauliflower Fresh Fruit 1% Milk
10 Turkey Cheese Sandwiches V: Cheese Sandwiches String Cheese Mixed Veggies Fresh Fruit 1%Milk	11 Chicken Fried Rice V: Veggie Fried Rice Spinach Soup Stir Fry Bok Choy Fresh Fruit 1%Milk	12 Parmesan Chicken V: Parmesan Eggplant Steamed Rice Cauliflower Fresh Fruit 1%Milk	13 Turkey Pepperoni Pizza V: Cheese Pizza Cream of Broccoli Soup Corn Fresh Fruit 1%Milk	14 Creamy Tomato Penne V: Garlic Bread Broccoli Fresh Fruit 1% Milk
17 Turkey Lasagna V: Veggie Lasagna Garlic Bread Carrot Fresh Fruit 1% Milk	18 Mac and Cheese V: Hawaiian Roll Peas Fresh Fruit 1%Milk	19 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Broccoli Fresh Fruit 1%Milk	20 Fettuccini Alfredo V: Cheesy Bread Corn Fresh Fruit 1%Milk	21 Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Mixed Veggie Fresh Fruit 1%Milk
24 Butter Herb Pasta V: Hawaiian Roll Cauliflower Fresh Fruit 1%Milk	25 Chicken Stir Fry V: Veggie Stir Fry Steamed Rice Chinese Spinach (Gai Lan) Fresh Fruit 1%Milk	26 Chicken Casserole V: Veggie Casserole Dinner Roll Corn Fresh Fruit 1%Milk	27 Turkey Meatloaf V: Veggie Meatloaf Steamed Rice Broccoli Fresh Fruit 1% Milk	28 Grilled Cheese Sandwiches V: Creamy Tomato Soup Mixed Veggies 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 2012 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CFS CLOSED FOR LABOR DAY	4 Toast w/ Jam Banana 1% Milk	5 Rice Cake Applesauce 1% Milk	6 Graham Cracker Yogurt 1% Milk	7 Hawaiian Roll Oranges 1% Milk
10 Breadstick Strawberry Yogurt 1% Milk	11 Goldfish Bananas 1% Milk	12 Cheerios Apples 1% Milk	13 Bagel & Cream Cheese Oranges 1% Milk	14 Friendship Cracker Melon 1% Milk
17 String Cheese Apples 1% Milk	18 Granola Vanilla Yogurt 1% Milk	19 Life Cereal Cantaloupe 1% Milk	20 Ritz Cracker Pears 1% Milk	21 Pancake Oranges 1% Milk
24 Kix Bananas 1% Milk	25 English Muffin and Jam Applesauce 1% Milk	26 Club Cracker Honeydew 1% Milk	27 Waffles Oranges 1% Milk	28 Wheat Thins String Cheese 1% Milk

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 September 2012 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CFS CLOSED FOR LABOR DAY	<div style="text-align: right;">3</div> Cheez-It Crackers Pears 1% Milk	<div style="text-align: right;">4</div> Cheddar Pretzel String Cheese 1% Milk	<div style="text-align: right;">5</div> Banana Muffins Apples 1% Milk	<div style="text-align: right;">6</div> Kix Mixed Fruit 1% Milk
<div style="text-align: right;">10</div> Wheat Thins Cheese Sticks 1% Milk	<div style="text-align: right;">11</div> Strawberry Cream Pinwheels Apples 1% Milk	<div style="text-align: right;">12</div> Cheddar Biscuit Honeydew 1% Milk	<div style="text-align: right;">13</div> Waffle Banana 1% Milk	<div style="text-align: right;">14</div> Ritz Crackers Vanilla Yogurt 1% Milk
<div style="text-align: right;">17</div> MultiGrain Cheerios Honeydew 1% Milk	<div style="text-align: right;">18</div> English Muffin Pizza Turkey Pepperoni 1% Milk	<div style="text-align: right;">19</div> Club Crackers Pears 1% Milk	<div style="text-align: right;">20</div> Banana Tortilla Rolls 1% Milk	<div style="text-align: right;">21</div> Cheez-It Crackers Watermelon 1% Milk
<div style="text-align: right;">24</div> Ritz Cracker String Cheese 1% Milk	<div style="text-align: right;">25</div> Bread Sticks Watermelon 1% Milk	<div style="text-align: right;">26</div> Chex Mix Pears 1% Milk	<div style="text-align: right;">27</div> Pretzel Sticks Cheese Dip 1% Milk	<div style="text-align: right;">28</div> Gold Fish 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