

CFS August 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Sunbutter & Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
5	6	7	8	9
Turkey Hot Dog V: Veggie Hot Dog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Sauce Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	CFS CLOSED Teacher In-Service Day
12	13	14	15	16
Lemon Herb Linguine 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*	Baked Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Quesadilla V: Cilantro Line Rice Sauteed Vegetables Fresh Fruit 1% /Whole Milk*	Fettuccini Alfredo Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
19	20	21	22	23
Butter Herb Pasta V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Lasagna V: Cheese Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Veggie Chow Mein V: Spinach Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*
26	27	28	29	30
Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Creamy Tomato Penne V: Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Chicken Noodle Soup V: Veggie Noodle Soup French Bread 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.

CFS August 2024 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Multigrain Cheerios Pineapple 1% /Whole Milk*	Ritz Crackers Melon 1% /Whole Milk*
5	6	7	8	9
Kix Cereal Pears 1% /Whole Milk*	Chex Mix Oranges 1% /Whole Milk*	Sourdough Crackers Apples 1% /Whole Milk*	Wheat Thins Melon 1% /Whole Milk*	CFS CLOSED Teacher In-Service Day
12	13	14	15	16
Pretzel Sticks Applesauce 1% /Whole Milk*	Toast Jam 1% /Whole Milk*	Friendship Crackers Apples 1% /Whole Milk*	Animal Crackers Pineapple 1% /Whole Milk*	Cheez-Its Pears 1% /Whole Milk*
19	20	21	22	23
Veggie Straws Oranges 1% /Whole Milk*	Multigrain Crackers Melon 1% /Whole Milk*	Saltine Crackers Sunbutter 1% /Whole Milk*	Yogurt Granola 1% /Whole Milk*	Club Crackers Pineapple 1% /Whole Milk*
26	27	28	29	30
Cheerios Banana 1% /Whole Milk*	Life Cereal Pineapple 1% /Whole Milk*	English Muffin Cream Cheese 1% /Whole Milk*	Gold Fish Melon 1% /Whole Milk*	Graham Crackers 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.

CFS August 2024 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Veggie Straws Oranges 1% /Whole Milk*	Pirates Booty Banana 1% /Whole Milk*
5	6	7	8	9
Snap Peas Apples 1% /Whole Milk*	Pretzel Bananas 1% /Whole Milk*	Friendship Cereals Oranges 1% /Whole Milk*	Goldfish Pears 1% /Whole Milk*	CFS CLOSED Teacher In-Service Day
12	13	14	15	16
Wheat Thin Banana 1% /Whole Milk*	Life Cereal Pears 1% /Whole Milk*	Chex Mix Oranges 1% /Whole Milk*	Kix Cereal Melon 1% /Whole Milk*	Graham Crackers Apples 1% /Whole Milk*
19	20	21	22	23
Animal Crackers Oranges 1% /Whole Milk*	Cheerios Pineapple 1% /Whole Milk*	Cheez-It Pears 1% /Whole Milk*	Friendship Crackers Melon 1% /Whole Milk*	Ritz Crackers String Cheese 1% /Whole Milk*
26	27	28	29	30
English Muffin Jam 1% /Whole Milk*	Multigrain Cheerios Pears 1% /Whole Milk*	Club Crackers Pineapple 1% /Whole Milk*	Multigrain Cracker Oranges 1% /Whole Milk*	Saltine Crackers Sun Butter 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.