

# February 2024 Lunch Menu

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
|  |   |   | 1<br>Teriyaki Chicken<br>V: Teriyaki Tofu<br>Steamed Rice<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*                | 2<br>Pasta Bake<br>V:<br>Dinner Roll<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*                               |
| 5<br>Parmesan Pasta<br>V:<br>French Bread<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*                | 6<br>Grilled Cheese Sandwich<br>V:<br>Creamy Tomato Soup<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*    | 7<br>BBQ Chicken<br>V: BBQ Tofu<br>Steamed Rice<br>Sautéed Vegetables<br>Fresh Fruit<br>1% /Whole Milk*               | 8<br>Spaghetti w/ Meat Sauce<br>V: Spaghetti w/ Marinara<br>French Bread<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk* | 9<br>Cheese Quesadilla<br>V:<br>Cilantro Lime Rice<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*                 |
| 12<br>Butter Herb Pasta<br>V:<br>Dinner Roll<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*             | 13<br>Baked Chicken<br>V: Mozzarella Sticks<br>Steamed Rice<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk* | 14<br>Fettuccini Alfredo<br>V:<br>Garlic bread<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*                  | 15<br>Sunbutter and Jelly Sandwich<br>V:<br>String Cheese<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*                | 16<br>Chicken Noodle Soup<br>V: Veggie Noodle Soup<br>French Bread<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk* |
| 19<br>CFS CLOSED<br>President's Day  | 20<br>Creamy Tomato Penne<br>V:<br>French Bread<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*             | 21<br>Baked Chicken Burger<br>V: Veggie Burger<br>String Cheese<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk* | 22<br>Mac and Cheese<br>V:<br>Garlic Bread<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*                               | 23<br>Cheese Enchilada<br>V:<br>Cilantro Lime Rice<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*                 |
| 26<br>Turkey Hotdog<br>V: Veggie Hotdog<br>String Cheese<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk* | 27<br>Cheese Pizza<br>V:<br>Cream of Broccoli Soup<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*          | 28<br>Turkey Lasagna<br>V: Veggie Lasagna<br>French Bread<br>Fresh Vegetables<br>Fresh Fruit<br>1% /Whole Milk*       | 29<br>Parmesan Chicken<br>V: Parmesan Veggie<br>Steamed Rice<br>Fresh Vegetables<br>Fresh Fruit<br>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.

# February 2024 AM Snack Menu

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
|   |  |  | 1<br>Chex Mix<br>Melon<br>1% /Whole Milk*        | 2<br>Cheez it cracker<br>Pineapple<br>1% /Whole Milk* |
| 5<br>Saltine Crackers<br>Melon<br>1% /Whole Milk* | 6<br>English muffin<br>Jam<br>1% /Whole Milk*      | 7<br>Graham Cracker<br>Banana<br>1% /Whole Milk*       | 8<br>Veggie Crisps<br>Oranges<br>1% /Whole Milk* | 9<br>Ritz cracker<br>Pears<br>1% /Whole Milk*         |
| 12<br>Veggie Straw<br>Apples<br>1% /Whole Milk*   | 13<br>Club Cracker<br>Sunbutter<br>1% /Whole Milk* | 14<br>Friendship Cereal<br>Pears<br>1% /Whole Milk*    | 15<br>Wheat Thin<br>Oranges<br>1% /Whole Milk*   | 16<br>Multigrain Cracker<br>Melon<br>1% /Whole Milk*  |
| 19<br>CFS CLOSED<br>President's Day               | 20<br>Kix Cereal<br>Apples<br>1% /Whole Milk*      | 21<br>Multigrain Cheerios<br>Melons<br>1% /Whole Milk* | 22<br>Gold Fish<br>Oranges<br>1% /Whole Milk*    | 23<br>Strawberry Yogurt<br>Granola<br>1% /Whole Milk* |
| 26<br>Life cereal<br>Pineapple<br>1% /Whole Milk* | 27<br>Snap Peas<br>Oranges<br>1% /Whole Milk*      | 28<br>Applesauce<br>Pretzel Sticks<br>1% /Whole Milk*  | 29<br>Cheerios<br>Melons<br>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, 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, 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. \*We serve Whole Milk for Infant and Waddler Classrooms; and 1% Milk for Preschool and School Age Classrooms.

## February 2024 PM Snack Menu

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
|   |  |  | 1<br>Wheat Thins<br>Pears<br>1% /Whole Milk*              | 2<br>Pretzel Sticks<br>Oranges<br>1% /Whole Milk*     |
| 5<br>Life Cereal<br>Banana<br>1% /Whole Milk*         | 6<br>Goldfish Cracker<br>Pears<br>1% /Whole Milk*    | 7<br>Multigrain Cheerios<br>Oranges<br>1% /Whole Milk* | 8<br>Saltine Crackers<br>String Cheese<br>1% /Whole Milk* | 9<br>Multigrain Crackers<br>Apples<br>1% /Whole Milk* |
| 12<br>Snap Peas<br>Oranges<br>1% /Whole Milk*         | 13<br>Graham Cracker<br>Melon<br>1% /Whole Milk*     | 14<br>Friendship Crackers<br>Apples<br>1% /Whole Milk* | 15<br>Ritz Cracker<br>Pears<br>1% /Whole Milk*            | 16<br>Animal Crackers<br>Bananas<br>1% /Whole Milk*   |
| 19<br>CFS CLOSED<br>President's Day                   | 20<br>Veggie Straws<br>Banana<br>1% /Whole Milk*     | 21<br>Chex Mix<br>Apples<br>1% /Whole Milk*            | 22<br>Cheerios<br>Melon<br>1% /Whole Milk*                | 23<br>Triscuit Crackers<br>Pears<br>1% /Whole Milk*   |
| 26<br>Friendship Cereal<br>Oranges<br>1% /Whole Milk* | 27<br>Club Crackers<br>Sun Butter<br>1% /Whole Milk* | 28<br>Veggie Crisps<br>Melon<br>1% /Whole Milk*        | 29<br>Cheez It Crackers<br>Apples<br>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, 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, 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. \*We serve Whole Milk for Infant and Waddler Classrooms; and 1% Milk for Preschool and School Age Classrooms.