

# CFS February 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	4 Sunbutter & Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	5 Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	6 Teriyaki Chicken V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	7 Turkey Lasagna V: Vegetarian Lasagna Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk
10 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	11 Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	12 Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	13 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	14 Spaghetti w/ Meat Sauce V: Spaghetti Marinara Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk
17 <b>CFS CLOSED PRESIDENT'S DAY</b>	18 Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	19 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	20 Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	21 Turkey Hot Dogs V: Vegetarian Hot Dogs String Cheese Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk
24 Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	25 Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	26 Parmesan Chickens V: Parmesan Vegetables Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	27 Baked Rigatoni V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk / Whole Milk	28 Chicken Noodle Soup V: Vegetarian Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk / 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 February 2025 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheez It Crackers Oranges 1% Milk / Whole Milk	4 Saltine Cracker Melon 1% Milk / Whole Milk	5 Wheat Thin Crackers Pineapple 1% Milk / Whole Milk	6 Animal Crackers Apples 1% Milk / Whole Milk	7 Pretzel Sticks Banana 1% Milk / Whole Milk
10 Life Cereal Banana 1% Milk / Whole Milk	11 English Muffin Jam 1% Milk / Whole Milk	12 Chex Mix Oranges 1% Milk / Whole Milk	13 Club Crackers String Cheese 1% Milk / Whole Milk	14 Strawberry Yogurt Granola 1% Milk / Whole Milk
17 <b>CFS CLOSED PRESIDENT'S DAY</b>	18 Multigrain Cheerios Pineapple 1% Milk / Whole Milk	19 Kix Cereal Melon 1% Milk / Whole Milk	20 Pretzel Crips Oranges 1% Milk / Whole Milk	21 Friendship Crackers Banana 1% Milk / Whole Milk
24 English Muffin Cream Cheese 1% Milk / Whole Milk	25 Cheerios Banana 1% Milk / Whole Milk	26 Ritz Cracker Applesauce 1% Milk / Whole Milk	27 Goldfish Crackers Melon 1% Milk / Whole Milk	28 Friendship Cereal Oranges 1% Milk / 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 February 2025 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheerios Melon 1% Milk / Whole Milk	4 Goldfish Crackers Apples 1% Milk / Whole Milk	5 Ritz Cracker Oranges 1% Milk / Whole Milk	6 Multigrain Cheerios Pears 1% Milk / Whole Milk	7 Friendship Crackers Pineapple 1% Milk / Whole Milk
10 Triscuit Crackers Oranges 1% Milk / Whole Milk	11 Pretzel Sticks Banana 1% Milk / Whole Milk	12 Snap Peas Melon 1% Milk / Whole Milk	13 Multigrain Cracker Pineapple 1% Milk / Whole Milk	14 Graham Crackers Pears 1% Milk / Whole Milk
17 <b>CFS CLOSED PRESIDENT'S DAY</b>	18 Saltine Crackers Sunbutter 1% Milk / Whole Milk	19 Multigrain Crackers Banana 1% Milk / Whole Milk	20 Chex Mix Apples 1% Milk / Whole Milk	21 Animal Crackers Oranges 1% Milk / Whole Milk
24 Veggie Straws Banana 1% Milk / Whole Milk	25 Pretzel Crisp Apples 1% Milk / Whole Milk	26 Cheez It Crackers Pear 1% Milk / Whole Milk	27 Club Crackers Oranges 1% Milk / Whole Milk	28 Wheat Thin Crackers Melon 1% Milk / 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.