

January 2024 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 1 CFS CLOSED WINTER BREAK | 2 CFS CLOSED WINTER BREAK | 3 CFS CLOSED WINTER BREAK | 4 CFS CLOSED WINTER BREAK | 5 CFS CLOSED WINTER BREAK |
| 5 Mac & Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 6 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 7 Fettuccini Alfredo V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 8 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 9 Teriyaki Chicken V: TeriyakiTofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk* |
| 15 CFS CLOSED MARTIN LUTHER KING, JR. DAY | 16 Sun Butter & Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 17 Spaghetti w/ Meat Sauce V: Spaghetti Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 18 Cheese Quesadilla V: Mexican Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 19 Butter Herb Pasta V: Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk* |
| 22 Parmesan Pasta V: Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 23 Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 24 BBQ Chicken V: BBQ Tofu Steamed Rice Sauteed Vegetables Fresh Fruit 1% /Whole Milk* | 25 Turkey Hotdog V: Veggie Hotdog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 26 Turkey Lasagna V: Cheese Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk* |
| 29 Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 30 Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk* | 31 Lemon Herb Linguine V: Garlic 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.

January 2024 AM Snack Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 1 CFS CLOSED WINTER BREAK | 2 CFS CLOSED WINTER BREAK | 3 CFS CLOSED WINTER BREAK | 4 CFS CLOSED WINTER BREAK | 5 CFS CLOSED WINTER BREAK |
| 8 Pretzel Melon 1% /Whole Milk* | 9 Snap Peas Banana 1% /Whole Milk* | 10 Cheez It Crackers Oranges 1% /Whole Milk* | 11 English Muffin Cream Cheese 1% /Whole Milk* | 12 Wheat Thins Apple 1% /Whole Milk* |
| 15 CFS CLOSED MARTIN LUTHER KING, JR. DAY | 16 Life Cereal Apple 1% /Whole Milk* | 17 Club Crackers Melon 1% /Whole Milk* | 18 Multigrain Cheerios Pear 1% /Whole Milk* | 19 Graham Cracker Oranges 1% /Whole Milk* |
| 22 Goldfish Oranges 1% /Whole Milk* | 23 Cheerios Pineapple 1% /Whole Milk* | 24 Chex Mix Apple 1% /Whole Milk* | 25 Strawberry Yogurt Granola 1% /Whole Milk* | 26 Veggie Straws Banana 1% /Whole Milk* |
| 29 Animal Crackers Banana 1% /Whole Milk* | 30 Applesauce Ritz Crackers 1% /Whole Milk* | 31 Kix Cereal Melon 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.**

January 2024 PM Snack Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| 1 CFS CLOSED WINTER BREAK | 2 CFS CLOSED WINTER BREAK | 3 CFS CLOSED WINTER BREAK | 4 CFS CLOSED WINTER BREAK | 5 CFS CLOSED WINTER BREAK |
| 8 Friendship Crackers Apples 1% /Whole Milk* | 9 Chex Mix Oranges 1% /Whole Milk* | 10 Cheerios Pineapple 1% /Whole Milk* | 11 Ritz Cracker Melon 1% /Whole Milk* | 12 Veggie Straws Banana 1% /Whole Milk* |
| 15 CFS CLOSED MARTIN LUTHER KING, JR. DAY | 16 Wheat Thins Banana 1% /Whole Milk* | 17 Animal Crackers Pear 1% /Whole Milk* | 18 Kix Cereal Apple 1% /Whole Milk* | 19 Goldfish Pineapple 1% /Whole Milk* |
| 22 Graham Cracker Pineapple 1% /Whole Milk* | 23 Snap Peas Banana 1% /Whole Milk* | 24 Cheez Its Oranges 1% /Whole Milk* | 25 Pretzel Sticks Melon 1% /Whole Milk* | 26 Club Cracker Pears 1% /Whole Milk* |
| 29 Saltine Crackers Sun Butter 1% /Whole Milk* | 30 Multigrain Cheerios Oranges 1% /Whole Milk* | 31 Triscuit Crackers Apple 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.**