

January 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		CFS CLOSED WINTER BREAK	CFS CLOSED WINTER BREAK	CFS CLOSED WINTER BREAK
		8	9	10
Mac & 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*	Fettuccini Alfredo V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
		15	16	17
Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Sun Butter & Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Lasagna V: Cheese Lasagna Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*
		22	23	24
CFS CLOSED MARTIN LUTHER KING, JR. DAY	Butter Herb Pasta V: Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Hotdog V: Veggie Hotdog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Parmesan Chicken V: Parmesan Veggies Steamed Rice Sauteed Vegetables Fresh Fruit 1% /Whole Milk*	Spaghetti w/ Meat Sauce V: Spaghetti Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
		29	30	31
Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	BBQ Chicken V: BBQ Tofu Steamed Rice Sauteed Vegetables Fresh Fruit 1% /Whole Milk*	Creamy Tomato Penne 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 2025 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		CFS CLOSED WINTER BREAK	CFS CLOSED WINTER BREAK	CFS CLOSED WINTER BREAK
6	7	8	9	10
Pretzel Melon 1% /Whole Milk*	Snap Peas Banana 1% /Whole Milk*	Cheez It Crackers Oranges 1% /Whole Milk*	English Muffin Cream Cheese 1% /Whole Milk*	Wheat Thins Apple 1% /Whole Milk*
13	14	15	16	17
Goldfish Oranges 1% /Whole Milk*	Life Cereal Apple 1% /Whole Milk*	Club Crackers Melon 1% /Whole Milk*	Multigrain Cheerios Pear 1% /Whole Milk*	Graham Cracker Oranges 1% /Whole Milk*
20	21	22	23	24
CFS CLOSED MARTIN LUTHER KING, JR. DAY	Cheerios Pineapple 1% /Whole Milk*	Chex Mix Apple 1% /Whole Milk*	Yogurt Granola 1% /Whole Milk*	Pretzel Crisp Banana 1% /Whole Milk*
27	28	29	30	31
Animal Crackers Banana 1% /Whole Milk*	Applesauce Ritz Crackers 1% /Whole Milk*	Kix Cereal Melon 1% /Whole Milk*	Saltine Crackers Oranges 1% /Whole Milk*	Multigrain Crackers Apple 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 2025 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		CFS CLOSED WINTER BREAK	CFS CLOSED WINTER BREAK	CFS CLOSED WINTER BREAK
6	7	8	9	10
Friendship Crackers Apples 1% /Whole Milk*	Chex Mix Oranges 1% /Whole Milk*	Cheerios Pineapple 1% /Whole Milk*	Ritz Cracker Melon 1% /Whole Milk*	Pretzel Crisp Banana 1% /Whole Milk*
13	14	15	16	17
Graham Cracker Pineapple 1% /Whole Milk*	Wheat Thins Banana 1% /Whole Milk*	Animal Crackers Pear 1% /Whole Milk*	Kix Cereal Apple 1% /Whole Milk*	Goldfish Pineapple 1% /Whole Milk*
20	21	22	23	24
CFS CLOSED MARTIN LUTHER KING, JR. DAY	Life Cereal Banana 1% /Whole Milk*	Multigrain Crackers Oranges 1% /Whole Milk*	Pretzel Sticks Melon 1% /Whole Milk*	Saltine Crackers Sun Butter 1% /Whole Milk*
27	28	29	30	31
Club Cracker Pears 1% /Whole Milk*	Multigrain Cheerios Oranges 1% /Whole Milk*	Cheez Its Apple 1% /Whole Milk*	Snap Peas Melon 1% /Whole Milk*	Pumpkin Muffin Pineapple 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.**