

# July 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sunbutter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	2 Lemon Herb Linguine V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	3 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	4 CFS CLOSED July 4th Holiday	5 CFS CLOSED July 4th Holiday
8 Turkey Hotdogs V: Veggie Dogs String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	9 Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	10 Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	11 Baked Pasta V: Diner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	12 Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
15 Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	16 Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	17 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	18 Spaghetti W/Turkey Sauce V: Spaghetti W/ Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	19 Veggie Chow Mein V: Spinach Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*
22 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	23 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	24 Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	25 Turkey Lasagna V: Cheese Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	26 Chicken Noodle Soup V: Veggie Noodle Soup Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*
29 Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	30 Cheese Enchilada V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	31 Veggie Udon Stir Fry V: Spinach Soup 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.**

## July 2024 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheerios Apples 1% /Whole Milk*	2 Club Crackers Pineapple 1% /Whole Milk*	3 Life Cereal Pears 1% /Whole Milk*	4 CFS CLOSED July 4th Holiday	5 CFS CLOSED July 4th Holiday
8 Friendship Cereal Melon 1% /Whole Milk*	9 Granola Yogurt 1% /Whole Milk*	10 Kix Cereal Pineapple 1% /Whole Milk*	11 Saltine Crackers String Cheese 1% /Whole Milk*	12 Veggies Straws Oranges 1% /Whole Milk*
15 English Muffins Jam 1% /Whole Milk*	16 Cheez it Cracker Pears 1% /Whole Milk*	17 Ritz Crackers Applesauces 1% /Whole Milk*	18 Animal Crackers Melon 1% /Whole Milk*	19 Friendship Crackers Apples 1% /Whole Milk*
22 Snap Peas Pears 1% /Whole Milk*	23 Pretzel Sticks Yogurt 1% /Whole Milk*	24 Multi Grain Cheerios Apples 1% /Whole Milk*	25 Goldfish Oranges 1% /Whole Milk*	26 Sourdough Crackers Bananas 1% /Whole Milk*
29 Wheat Thin Oranges 1% /Whole Milk*	30 Multigrain Crackers Pears 1% /Whole Milk*	31 Graham Cracker Bananas 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.**

## July 2025 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1  Chex Mix Oranges 1% /Whole Milk*	2  Wheat Thins Melon 1% /Whole Milk*	3  Graham Crackers Banana 1% /Whole Milk*	4  CFS CLOSED July 4th Holiday	5  CFS CLOSED July 4th Holiday
8  Sourdough Crackers Banana 1% /Whole Milk*	9  Cheez It Cracker Melon 1% /Whole Milk*	10  Life Cereal Pears 1% /Whole Milk*	11  Cheerios Oranges 1% /Whole Milk*	12  Pretzel Sticks Pineapple 1% /Whole Milk*
15  Saltine Cracker Pineapple 1% /Whole Milk*	16  Snap Peas Bananas 1% /Whole Milk*	17  Ritz Cracker String Cheese 1% /Whole Milk*	18  Multi Grain Cracker Oranges 1% /Whole Milk*	19  Veggies Straws Melon 1% /Whole Milk*
22  Pirates Booty Apples 1% /Whole Milk*	23  Multi Grain Cheerios Oranges 1% /Whole Milk*	24  Chex Mix Pears 1% /Whole Milk*	25  Friendship Crackers Melon 1% /Whole Milk*	26  Club Cracker Pineapple 1% /Whole Milk*
29  Goldfish Crackers Apples 1% /Whole Milk*	30  Animal Crackers Melon 1% /Whole Milk*	31  Kix Cereals 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.**