

March 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
4 Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	5 Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	6 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	7 Baked Chicken Burger V: Veggie Burger String Cheese Sautéed Vegetables Fresh Fruit 1% /Whole Milk*	8 CFS CLOSED TEACHER IN SERVICE DAY
11 Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	12 Turkey Hot Dog V: Veggie Hot Dog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	13 Spaghetti w/ Meat Sauce V: Spaghetti Marinara Hawaiian Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*	14 Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	15 Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
18 Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	19 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	20 Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	21 Parmesan Chicken V: Parmesan Vegetables Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	22 Baked Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
25 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	26 Butter Herb Pasta V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	27 Cheese Enchilada V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	28 Turkey Lasagna V: Veggie Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	29 CFS CLOSED GOOD FRIDAY

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.

March 2024 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Wheat Thins Apples 1%/Whole Milk*
4 Goldfish Crackers Apples 1%/Whole Milk*	5 Chex Mix Oranges 1%/Whole Milk*	6 English Muffin Cream Cheese 1%/Whole Milk*	7 Vanilla Yogurt Ritz Crackers 1%/Whole Milk*	8 CFS CLOSED TEACHER IN SERVICE DAY
11 Pretzel Sticks Melon 1%/Whole Milk*	12 Multigrain Cracker Oranges 1%/Whole Milk*	13 Friendship Crackers Apple 1%/Whole Milk*	14 Ritz Crackers Applesauce 1%/Whole Milk*	15 Cheez it Crackers Pear 1%/Whole Milk*
18 Multigrain Cheerios Pear 1%/Whole Milk*	19 Life Cereal Melon 1%/Whole Milk*	20 Saltine Cracker Banana 1%/Whole Milk*	21 Club Cracker Pineapple 1%/Whole Milk*	22 Graham Cracker Pineapple 1%/Whole Milk*
25 Friendship Cereal Banana 1%/Whole Milk*	26 Yogurt Granola 1%/Whole Milk*	27 Cheerios Melon 1%/Whole Milk*	28 Animal Crackers Pineapple 1%/Whole Milk*	29 CFS CLOSED GOOD FRIDAY

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.

March 2024 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chex Mix Banana 1%/Whole Milk*
4 Multigrain Cheerios Oranges 1%/Whole Milk*	5 Pretzel Sticks Banana 1%/Whole Milk*	6 Friendship Cereal Apples 1%/Whole Milk*	7 Animal Crackers Pear 1%/Whole Milk*	8 CFS CLOSED TEACHER IN SERVICE DAY
11 Wheat Thins Apples 1%/Whole Milk*	12 Life Cereal Pear 1%/Whole Milk*	13 Saltine Crackers Sunbutter 1%/Whole Milk*	14 Kix Cereal Melon 1%/Whole Milk*	15 Club Crackers String Cheese 1%/Whole Milk*
18 Ritz Crackers Oranges 1%/Whole Milk*	19 Goldfish Crackers Apple 1%/Whole Milk*	20 Cheez It Crackers Pear 1%/Whole Milk*	21 Friendship Crackers Melon 1%/Whole Milk*	22 Multigrain Cracker Banana 1%/Whole Milk*
25 Snap Peas Apples 1%/Whole Milk*	26 Cheerios Melon 1%/Whole Milk*	27 Graham Cracker Oranges 1%/Whole Milk*	28 Pretzel Sticks Banana 1%/Whole Milk*	29 CFS CLOSED GOOD FRIDAY

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.**