

CFS March 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	4 Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	5 Spaghetti w/ Meat Sauce V: Spaghetti Marinara French Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	6 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	7 Butter Herb Pasta V: Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*
10 Creamy Tomato Penne V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	11 Sunbutter & Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	12 Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	13 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	CFS CLOSED Teacher In-service Day
17 Turkey Hot Dog V: Veggie Hot Dog String Cheese Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	18 Mac and Cheese 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 Baked Rigatoni V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	21 Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*
24 Lemon Herb Linguine V: French 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 Turkey Lasagna V: Vegetarian Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	27 Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	28 Teriyaki Chicken V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*
31 Grilled Cheese Sandwich V: Creamy Tomato Soup 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 March 2025 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Wheat Thins Pineapple 1% Milk/Whole Milk*	4 Goldfish crackers Oranges 1% Milk/Whole Milk*	5 Cheerios Apple 1% Milk/Whole Milk*	6 Pretzel Crisp Pears 1% Milk/Whole Milk*	7 Ritz Cracker Applesauce 1% Milk/Whole Milk*
10 Multigrain Cheerios Banana 1% Milk/Whole Milk*	11 Life Cereal Melon 1% Milk/Whole Milk*	12 English Muffin Cream Cheese 1% Milk/Whole Milk*	13 Animal Crackers Apple 1% Milk/Whole Milk*	14 CFS CLOSED Teacher In-service Day
17 Pretzels String Cheese 1% Milk/Whole Milk*	18 Kix Cereal Bananas 1% Milk/Whole Milk*	19 Strawberry Yogurt Granola 1% Milk/Whole Milk*	20 Club Crackers Pears 1% Milk/Whole Milk*	21 Snap Peas Melon 1% Milk/Whole Milk*
24 Cheez It Crackers Apples 1% Milk/Whole Milk*	25 English Muffin Jam 1% Milk/Whole Milk*	26 Graham Crackers Bananas 1% Milk/Whole Milk*	27 Friendship Crackers Oranges 1% Milk/Whole Milk*	28 Saltine Cracker Sunbutter 1% Milk/Whole Milk*
31 Chex Mix Melon 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 March 2025 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheez It Crackers Apples 1% Milk/Whole Milk*	4 Life Cereal Melon 1% Milk/Whole Milk*	5 Friendship Crackers Oranges 1% Milk/Whole Milk*	6 Club Crackers Pineapple 1% Milk/Whole Milk*	7 Cheddar Biscuit Banana 1% Milk/Whole Milk*
10 Snap Peas Melon 1% Milk/Whole Milk*	11 Friendship Cereal Oranges 1% Milk/Whole Milk*	12 Graham Cracker Bananas 1% Milk/Whole Milk*	13 Chex Mix Pears 1% Milk/Whole Milk*	14 CFS CLOSED Teacher In-service Day
17 Cheerios Pineapple 1% Milk/Whole Milk*	18 Saltine Cracker Sunbutter 1% Milk/Whole Milk*	19 Animal Crackers Banana 1% Milk/Whole Milk*	20 Banana Muffin Melon 1% Milk/Whole Milk*	21 Multigrain Crackers Oranges 1% Milk/Whole Milk*
24 Friendship Cracker Banana 1% Milk/Whole Milk*	25 Pretzel Crisp Apples 1% Milk/Whole Milk*	26 Wheat Thins Pineapple 1% Milk/Whole Milk*	27 Multigrain Cheerios Melon 1% Milk/Whole Milk*	28 Goldfish crackers Oranges 1% Milk/Whole Milk*
31 Ritz Cracker String Cheese 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.