

May 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Sun Butter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
6	7	8	9	10
Fettuccine Alfredo V: Garlic bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Grilled Cheese V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Butter Herb Pasta V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Hotdog V: Veggie Hotdog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Lasagna V: Veggie Lasagna Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*
13	14	15	16	17
Baked Chicken burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Baked Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*
20	21	22	23	24
Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Pizza V: Cream of Broccoli Soup 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*	Turkey Wrap V: Cheese Wrap Tortilla Chip Fresh Vegetables Fresh Fruit 1% /Whole Milk*
27	28	29	30	31
CFS CLOSED MEMORIAL DAY	Baked Chicken V: Mozzarella Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Parmesan Chicken V: Parmesan Veggie Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Vegetable Chow Mein 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.

May 2024 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Multigrain Cracker Oranges 1%/Whole Milk*	Chex Mix Pears 1%/Whole Milk*	Ritz cracker Pineapple 1%/Whole Milk*
6	7	8	9	10
Saltine Crackers Melon 1%/Whole Milk*	English muffin Jam 1%/Whole Milk*	Pretzel Sticks Banana 1%/Whole Milk*	Cheerios Oranges 1%/Whole Milk*	Cheez it cracker Pears 1%/Whole Milk*
13	14	15	16	17
Veggie Straw Apples 1%/Whole Milk*	Kix Cereal Pears 1%/Whole Milk*	Friendship Cereal Melon 1%/Whole Milk*	Wheat Thin Pineapple 1%/Whole Milk*	Triscuit Oranges 1%/Whole Milk*
20	21	22	23	24
Life cereal Bananas 1%/Whole Milk*	Gold Fish Oranges 1%/Whole Milk*	Multigrain Cheerios Melons 1%/Whole Milk*	Yogurt Granola 1%/Whole Milk*	Club Cracker Sunbutter 1%/Whole Milk*
27	28	29	30	31
CFS CLOSED MEMORIAL DAY	Applesauce Pretzel Sticks 1%/Whole Milk*	Snap Peas Oranges 1%/Whole Milk*	Graham Cracker Bananas 1%/Whole Milk*	Sourdough Crackers String Cheese 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.

May 2024 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Animal Crackers Apples 1%/Whole Milk*	Wheat Thins Melons 1%/Whole Milk*	Pretzel Sticks Oranges 1%/Whole Milk*
6	7	8	9	10
Multigrain Crackers Apples 1%/Whole Milk*	Goldfish Cracker Pears 1%/Whole Milk*	Multigrain Cheerios Oranges 1%/Whole Milk*	Sourdough Crackers Melon 1%/Whole Milk*	Snap Peas String Cheese 1%/Whole Milk*
13	14	15	16	17
Saltine Crackers Sun Butter 1%/Whole Milk*	Graham Cracker Oranges 1%/Whole Milk*	Chex Mix Apples 1%/Whole Milk*	Ritz Cracker Pears 1%/Whole Milk*	Cheddar Biscuit Banana 1%/Whole Milk*
20	21	22	23	24
Cheez It Crackers Oranges 1%/Whole Milk*	Friendship Cereal Pineapple 1%/Whole Milk*	Club Crackers String Cheese 1%/Whole Milk*	Cheerios Melon 1%/Whole Milk*	Banana Muffin Pears 1%/Whole Milk*
27	28	29	30	31
CFS CLOSED MEMORIAL DAY	Triscuit Oranges 1%/Whole Milk*	Friendship Crackers Melon 1%/Whole Milk*	Kix Cereals Apples 1%/Whole Milk*	Life Cereals Apples 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.