

# May 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Turkey Hotdog V: Veggie Hotdog String Cheese Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*
5	6	7	8	9
Cheese Quesadilla V: Mexican Rice Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Butter Herb Pasta V: Diner Rolls Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Fettuccini Alfredo V: Garlic bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*
12	13	14	15	16
Spaghetti w/ Meat Sauce V: Spaghetti w/ Marinara French Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Baked Chicken V: Mozzarella Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Veggie Fried Rice V: Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Rolls Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*
19	20	21	22	23
Lemon Herb Linguine V: French Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Cheese Pizza V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Sun Butter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	BBQ Chicken V: BBQ Tofu Steamed Rice Sauteed Vegetables Fresh Fruit 1% Milk/Whole Milk*	Turkey Lasagna V: Veggie Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*
26	27	28	29	30
CFS CLOSED MEMORIAL DAY	Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Veggie Udon Stir Fry V: Spinach Soup Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% Milk/Whole Milk*	Chicken Curry V: Veggie Curry Steamed Rice 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.

## May 2025 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chex Mix Banana 1% Milk/Whole Milk*	Goldfish Pears 1% Milk/Whole Milk*
5	6	7	8	9
Saltine Crackers Melon 1% Milk/Whole Milk*	English muffin Cream Cheese 1% Milk/Whole Milk*	Life cereal Banana 1% Milk/Whole Milk*	Cheerios Oranges 1% Milk/Whole Milk*	Cheez it cracker Pears 1% Milk/Whole Milk*
12	13	14	15	16
Veggie Straw Apples 1% Milk/Whole Milk*	Club Cracker Sunbutter 1% Milk/Whole Milk*	Friendship Cereal Melon 1% Milk/Whole Milk*	Wheat Thin Oranges 1% Milk/Whole Milk*	Triscuit Pineapple 1% Milk/Whole Milk*
19	20	21	22	23
Pretzel Sticks Bananas 1% Milk/Whole Milk*	Snap Peas Oranges 1% Milk/Whole Milk*	Multigrain Cheerios Melons 1% Milk/Whole Milk*	Yogurt Granola 1% Milk/Whole Milk*	Kix Cereal Pears 1% Milk/Whole Milk*
26	27	28	29	30
CFS CLOSED MEMORIAL DAY	Toast Jam 1% Milk/Whole Milk*	Multigrain Cracker Apples 1% Milk/Whole Milk*	Applesauce Ritz Crackers 1% Milk/Whole Milk*	Graham Cracker Bananas 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.

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 2025 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Ritz Cracker String Cheese 1% Milk/Whole Milk*	Saltine Crackers Pineapple 1% Milk/Whole Milk*
5	6	7	8	9
Kix Cereals Melon 1% Milk/Whole Milk*	Wheat Thins 1% Milk/Whole Milk*	Multigrain Cheerios Oranges 1% Milk/Whole Milk*	Pretzel Crisp Apple 1% Milk/Whole Milk*	Pretzel Sticks Bananas 1% Milk/Whole Milk*
12	13	14	15	16
Life Cereal Melons 1% Milk/Whole Milk*	Snap Peas Oranges 1% Milk/Whole Milk*	Goldfish Pears 1% Milk/Whole Milk*	Cheddar Biscuit Banana 1% Milk/Whole Milk*	Multigrain Crackers Apples 1% Milk/Whole Milk*
19	20	21	22	23
Cheez It Crackers Oranges 1% Milk/Whole Milk*	Veggie Straws String Cheese 1% Milk/Whole Milk*	Chex Mix Apples 1% Milk/Whole Milk*	Cheerios Melon 1% Milk/Whole Milk*	Graham Cracker Banana 1% Milk/Whole Milk*
26	27	28	29	30
CFS CLOSED MEMORIAL DAY	Club Crackers Sun Butter 1% Milk/Whole Milk*	Friendship Crackers Melon 1% Milk/Whole Milk*	Animal Crackers Bananas 1% Milk/Whole Milk*	Triscuit Apples 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.  
 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.