

## November 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*
4 Creamy Tomato Penne V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	5 Fettuccini Alfredo V: Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	6 Turkey Lasagna V: Veggie Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	7 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	8 Turkey Hotdog V: Veggie Hotdog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*
11 CFS CLOSED VETERAN'S DAY	12 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	13 Cheese Quesadilla V: Mexican Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	14 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	15 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*
18 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	19 Cheese Enchiladas V: Mexican Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	20 Spaghetti w/ Meat Sauce V: Spaghetti Marinara Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*	21 Sunbutter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	22 Parmesan Pasta V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
25 Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	26 Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	27 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	28 CFS CLOSED THANKSGIVING HOLIDAY	29 CFS CLOSED THANKSGIVING HOLIDAY

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.**

## November 2024 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Yogurt Ritz Crackers 1% /Whole Milk*
4 Wheat Thin Melon 1% /Whole Milk*	5 Toast Jam 1% /Whole Milk*	6 Multigrain Crackers Banana 1% /Whole Milk*	7 Life Cereal Apple 1% /Whole Milk*	8 Kix Cereal Oranges 1% /Whole Milk*
11 CFS CLOSED VETERAN'S DAY	12 English Muffin Cream Cheese 1% /Whole Milk*	13 Chex Mix Pear 1% /Whole Milk*	14 Pretzel Applesauce 1% /Whole Milk*	15 Goldfish Melon 1% /Whole Milk*
18 Friendship Crackers Banana 1% /Whole Milk*	19 Saltine Crackers Pineapple 1% /Whole Milk*	20 Graham Crackers Apple 1% /Whole Milk*	21 Animal Crackers Oranges 1% /Whole Milk*	22 Cheez-It Melon 1% /Whole Milk*
25 Multigrain Cheerios Pineapple 1% /Whole Milk*	26 Pretzel Crisps Melon 1% /Whole Milk*	27 Club Crackers Oranges 1% /Whole Milk*	28 CFS CLOSED THANKSGIVING HOLIDAY	29 CFS CLOSED THANKSGIVING HOLIDAY

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.**

## November 2024 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Life Cereal Pineapple 1% /Whole Milk*
4	5	6	7	8
Graham Crackers Apple 1% /Whole Milk*	Cheerios Melon 1% /Whole Milk*	Snap Peas Oranges 1% /Whole Milk*	Pretzel Sticks Pear 1% /Whole Milk*	Pumpkin Muffin (eggless) Banana 1% /Whole Milk*
11	12	13	14	15
CFS CLOSED VETERAN'S DAY	Wheat Thin Banana 1% /Whole Milk*	Friendship Crackers Melon 1% /Whole Milk*	Cheez-It Pineapple 1% /Whole Milk*	Kix Cereals Oranges 1% /Whole Milk*
18	19	20	21	22
Chex Mix Oranges 1% /Whole Milk*	Goldfish Melon 1% /Whole Milk*	Multigrain Cheerios Banana 1% /Whole Milk*	Pretzel Crisps Pears 1% /Whole Milk*	Club Crackers Apple 1% /Whole Milk*
25	26	27	28	29
Saltine Crackers Sun Butter 1% /Whole Milk*	Multigrain Crackers Apples 1% /Whole Milk*	Ritz Crackers String Cheese 1% /Whole Milk*	CFS CLOSED THANKSGIVING HOLIDAY	CFS CLOSED THANKSGIVING HOLIDAY

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.**