

October 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Udon Stir Fry V: Spinach Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Baked Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
7	8	9	10	11
Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Hotdogs V: Veggie Dogs String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Mac and Cheese 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 Fresh Vegetables Fresh Fruit 1% /Whole Milk*
14	15	16	17	18
Sunbutter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Baked Chicken V: Mozzarella Cheese Sticks Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*	CFS CLOSED Teacher In Service
21	22	23	24	25
Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Cheese Enchilada V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Turkey Lasagna V: Veggie Lasagna Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
28	29	30	31	
Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Fettuccini Alfredo V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Spaghetti W/Turkey Sauce V: Spaghetti W/ Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	Parmesan Chicken V: Parmesan Veggie Steamed Rice 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.**

October 2024 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	English Muffin Jam 1% /Whole Milk*	Pretzel Crisp Banana 1% /Whole Milk*	Friendship Crackers Oranges 1% /Whole Milk*	Saltine Cracker Sunbutter 1% /Whole Milk*
7	8	9	10	11
Cheeze-Its Oranges 1% /Whole Milk*	Life Cereal Pears 1% /Whole Milk*	Snap Peas Apples 1% /Whole Milk*	Triscuit Melon 1% /Whole Milk*	Animal Crackers Pineapple 1% /Whole Milk*
14	15	16	17	18
Graham Crackers Oranges 1% /Whole Milk*	Ritz Crackers Applesauce 1% /Whole Milk*	Chex Mix Pineapple 1% /Whole Milk*	Pretzels Apples 1% /Whole Milk*	CFS CLOSED Teacher In Service
21	22	23	24	25
Kix Cereal Pears 1% /Whole Milk*	Goldfish Cracker Pineapple 1% /Whole Milk*	Club Crackers Bananas 1% /Whole Milk*	Cheerios Apples 1% /Whole Milk*	Yogurt Granola 1% /Whole Milk*
28	29	30	31	
Veggie Straws Melon 1% /Whole Milk*	Wheat Thin Oranges 1% /Whole Milk*	Multigrain Cheerios Apples 1% /Whole Milk*	Friendship Cereal Pears 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.**

October 2024 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Kix Cereal Oranges 1% /Whole Milk*	Goldfish Pears 1% /Whole Milk*	Wheat Thins String cheese 1% /Whole Milk*	Multigrain Crackers Pineapple 1% /Whole Milk*
7	8	9	10	11
Friendship Cereal Apples 1% /Whole Milk*	Ritz Cracker Bananas 1% /Whole Milk*	Veggies Straws Pineapple 1% /Whole Milk*	Multigrain Cheerios Oranges 1% /Whole Milk*	Pretzel Crisp Pears 1% /Whole Milk*
14	15	16	17	18
Life Cereal Pineapple 1% /Whole Milk*	Cheerios Banana 1% /Whole Milk*	Animal Crackers Melon 1% /Whole Milk*	Club Cracker Oranges 1% /Whole Milk*	CFS CLOSED Teacher In Service
21	22	23	24	25
Graham Cracker Bananas 1% /Whole Milk*	Pirates Booty Apples 1% /Whole Milk*	Friendship Crackers Oranges 1% /Whole Milk*	Triscuit Crackers Melon 1% /Whole Milk*	Cheez- It Crackers Pears 1% /Whole Milk*
28	29	30	31	
Snap Peas String Cheese 1% /Whole Milk*	Pretzels Apples 1% /Whole Milk*	Saltine Crackers Sun Butter 1% /Whole Milk*	Chex Mix Banana 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.**