

September 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CFS CLOSED LABOR DAY	3 Turkey Hotdogs V: Veggie Dogs String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	4 Baked Pasta V: Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	5 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	6 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*
9 Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	10 Fettuccini Alfredo V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	11 Baked Chicken V. Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	12 Turkey Lasagna V: Veggie Lasagna Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	13 Chicken Noddle Soup V: Veggie Noodle Soup French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
16 Butter Herb Pasta V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	17 Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	18 Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	19 Parmesan Chicken V: Parmesan Veggie Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	20 Creamy Tomato Penne V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
23 Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	24 Sunbutter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	25 Spaghetti W/Turkey Sauce V: Spaghetti W/ Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	26 Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Spinach Soup Fresh Fruit 1% /Whole Milk*	27 Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
30 Cheese Enchilada V: Cilantro Lime 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.**

September 2024 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CFS CLOSED LABOR DAY	3 Ritz Cracker Melon 1% /Whole Milk*	4 Saltine Cracker Sunbutter 1% /Whole Milk*	5 Pretzel crisp Banana 1% /Whole Milk*	6 Snap Peas Apples 1% /Whole Milk*
9 Life Cereal Pears 1% /Whole Milk*	10 Animal Crackers Melon 1% /Whole Milk*	11 English Muffin Jam 1% /Whole Milk*	12 Cheerios Pineapple 1% /Whole Milk*	13 Friendship Crackers Apples 1% /Whole Milk*
16 Club Cracker Oranges 1% /Whole Milk*	17 Wheat Thin Apples 1% /Whole Milk*	18 Veggies Straws Melon 1% /Whole Milk*	19 Cheez-Its Pears 1% /Whole Milk*	20 Yogurt Granola 1% /Whole Milk*
23 Graham Cracker Bananas 1% /Whole Milk*	24 Multigrain Cheerios Pears 1% /Whole Milk*	25 Pretzel Sticks Apples 1% /Whole Milk*	26 Multigrain Crackers Oranges 1% /Whole Milk*	27 Chex Mix Melon 1% /Whole Milk*
30 Friendship Cereal Melon 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.**

September 2024 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CFS CLOSED LABOR DAY	3 Multigrain Cheerios Apples 1% /Whole Milk*	4 Graham Cracker Bananas 1% /Whole Milk*	5 Chex Mix Melon 1% /Whole Milk*	6 Veggies Straws Oranges 1% /Whole Milk*
9 Friendship Crackers Banana 1% /Whole Milk*	10 Kix Cereal Oranges 1% /Whole Milk*	11 Pretzel Sticks Apples 1% /Whole Milk*	12 Cheeze-Its Melon 1% /Whole Milk*	13 Club Crackers Pineapple 1% /Whole Milk*
16 Multigrain Crackers Pineapple 1% /Whole Milk*	17 Pretzel Crisp Pears 1% /Whole Milk*	18 Friendship Cereal Banana 1% /Whole Milk*	19 Saltine Crackers Melon 1% /Whole Milk*	20 Animal Crackers Apples 1% /Whole Milk*
23 Snap Peas Melon 1% /Whole Milk*	24 Goldfish Cracker Pineapple 1% /Whole Milk*	25 Wheat Thins String cheese 1% /Whole Milk*	26 Cheerios Banana 1% /Whole Milk*	27 Life Cereal Apples 1% /Whole Milk*
30 Ritz Cracker Bananas 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.**