

January 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			CFS CLOSED WINTER HOLIDAYS	CFS CLOSED WINTER HOLIDAYS
5 Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	6 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	7 Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	8 Chicken Teriyaki V: Tofu Teriyaki Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	9 Grilled Cheese Sandwich V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*
12 Sunbutter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	13 Spaghetti w/ Meat Sauce V: Spaghetti Marinara Dinner Roll Garlic Bread Fresh Fruit 1% /Whole Milk*	14 Cheese Quesadilla V: Cilantro Lime Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	15 Baked Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	16 Chicken Noodle Soup V: Veggie Noodle Soup Dinner Roll Fresh Vegetables Fresh Fruit 1% /Whole Milk*
19 CFS CLOSED MARTIN LUTHER KING JR DAY	20 Turkey Hotdog V: Veggie Hotdog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	21 Turkey Lasagna V: Veggie Lasagna Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	22 Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	23 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
26 Creamy Tomato Penne V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	27 Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	28 Veggies Stir Fried Udon V: Spinach Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	29 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	30 Cheese Pizza V: Cream of Broccoli 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.**

January 2026 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8	9
Animal Crackers Oranges 1% /Whole Milk*	Life Cereal Apple 1% /Whole Milk*	Pretzel Crisps Melon 1% /Whole Milk*	Ritz Crackers Applesauces 1% /Whole Milk*	Friendship Crackers Pineapple 1% /Whole Milk*
Chex Mix Pears 1% /Whole Milk*	English Muffin Jam 1% /Whole Milk*	Yogurt Pretzel Sticks 1% /Whole Milk*	Goldfish Melon 1% /Whole Milk*	Pop Cereals Oranges 1% /Whole Milk*
12	13	14	15	16
CFS CLOSED MARTIN LUTHER KING JR DAY	Cheerios Melon 1% /Whole Milk*	Pretzel Pineapple 1% /Whole Milk*	Club Crackers Oranges 1% /Whole Milk*	Graham Crackers Apple 1% /Whole Milk*
19	20	21	22	23
Multigrain Cheerios Melon 1% /Whole Milk*	Cheez-It Crackers Oranges 1% /Whole Milk*	Snap Peas Pears 1% /Whole Milk*	Wheat Thin Apples 1% /Whole Milk*	Friendship Cereals Pineapple 1% /Whole Milk*
26	27	28	29	30

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 slice, Bread 1/2 slice, 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 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.**

January 2026 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			CFS CLOSED WINTER HOLIDAYS	CFS CLOSED WINTER HOLIDAYS
Pop Cereals Apples 1% /Whole Milk*	5 Chex Mix Melon 1% /Whole Milk*	6 Saltine Crackers Sun Butter 1% /Whole Milk*	7 Snap Peas Banana 1% /Whole Milk*	8 Multigrain Cheerios Oranges 1% /Whole Milk*
Cheddar Biscuit Banana 1% /Whole Milk*	12 Cheerios Oranges 1% /Whole Milk*	13 Wheat Thin Pears 1% /Whole Milk*	14 Graham Crackers Apples 1% /Whole Milk*	15 Cheez-It Crackers Melon 1% /Whole Milk*
CFS CLOSED MARTIN LUTHER KING JR DAY	19 English Muffin Pizza Banana 1% /Whole Milk*	20 Snap Peas Oranges 1% /Whole Milk*	21 Friendship Crackers Melon 1% /Whole Milk*	22 Pretzel Crisp Pears 1% /Whole Milk*
Sourdough Crackers Pineapple 1% /Whole Milk*	26 Life Cereals Melon 1% /Whole Milk*	27 Club Crackers Oranges 1% /Whole Milk*	28 Pretzel Sticks Pears 1% /Whole Milk*	29 Ritz Crackers 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, 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.**