

C. WOODLAND

FEBRUARY 2018

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>FEBRUARY 1 CHEESEBURGER MEATLOAF, 1 EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ALL NATURAL APPLESAUCE</p>	<p>FEBRUARY 2 CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C FRESH FRUIT SALAD, 3/8 C (MELONS, FRESH PINEAPPLE)</p>
<p>FEBRUARY 5 CHICKEN SLIDER ON A BUN, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ W/ NO HFC KETCHUP STEAMED GREEN BEANS, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C</p>	<p>FEBRUARY 6 CHICKEN TENDERS, GLUTEN FREE, 3 EA W/ NO HFC KETCHUP WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CARROT COINS / APPLESAUCE</p>	<p>FEBRUARY 7 COUNTRY SALISBURY STEAK W/ LO-SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TODS AND TWOS DICED PEACHES IN JUICE</p>	<p>FEBRUARY 8 WHL GRAIN SPAGHETTI PASTA W/ BEEF MEAT MARINARA, 1/2 C PARMESAN CHEESE, 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS</p>	<p>FEBRUARY 9 CHICKEN BREAST CHUNK BONELESS WING DINGS, 3 EA W/ NO HFC KETCHUP 5- WAY HOT MIXED VEGETABLES , 1/4 C WHEAT DINNER ROLL, 1 EA FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS 3-WAY HOT MIXED VEGGIE DICED PEACHES IN JUICE</p>
<p>FEBRUARY 12 OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p>FEBRUARY 13 CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL MIXED FRESH VEGETABLE W/CREAMY RANCH DIP, 1/4 C FRESH DICED MIXED MELONS, 3/8 C TODS AND TWOS 3-WAY HOT MIXED VEGGIE</p>	<p>FEBRUARY 14 MEXICAN BEEF NACHO FIESTA, 1/4 C W/ SHRED CHEDDAR CHEESE, 1/2 OZ CORN TORTILLA CHIPS, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C DICED PEARS IN JUICE, 3/8 C TODS AND TWOS WHEAT DINNER ROLL CARROT COINS</p>	<p>FEBRUARY 15 ITALIAN BEEF MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</p>	<p>FEBRUARY 16 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA WG BUTTERMILK PANCAKES W/ NO HFC SYRUP, 1 EA TURKEY SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS TODS AND TWOS MIXED FRUIT IN JUICE</p>
<p>FEBRUARY 19 PRESIDENT'S DAY</p>	<p>FEBRUARY 20 LEAN BEEF HAMBURGER PATTY, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>FEBRUARY 21 TURKEY CORN DOG NUGGETS, 4 EA W/ NO HFC KETCHUP TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS CHILLED DICED PEARS SWEET TENDER PEAS</p>	<p>FEBRUARY 22 CHICKEN FAJITAS , 1/3 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C FRESH FRUIT SALAD , 3/8 C (MELONS, FRESH PINEAPPLE)</p>	<p>FEBRUARY 23 **BAKED ZITI** MEATLESS CONTAINS SOY, 2 OZ ITALIAN RED SAUCE W/ THREE CHEESES, 1/2 C 5- WAY HOT MIXED VEGETABLES , 1/4 C ITALIAN BREAD, 1 SL DICED PEACHES IN JUICE, 3/8 C</p>
<p>FEBRUARY 26 BEEF MEATBALLS & GRAVY, 3 EA WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE TODS AND TWOS SWEET TENDER PEAS</p>	<p>FEBRUARY 27 **NITRITE FREE** ALL NATURAL CHICKEN HOT DOG, 1 EA ON A ROLL W/ NO HFC KETCHUP, 1 EA TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS</p>	<p>FEBRUARY 28 WHOLE GRAIN CHICKEN BITES W/ NO HFC KETCHUP, 3 EA 100% WHOLE GRAIN BREAD, 1/2 SL CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS GREEN BEANS MIXED FRUIT IN JUICE</p>		

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.
Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
6 oz milk required with each meal