

C. WOODLAND		SEPTEMBER 2017			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>SEPTEMBER 1</b>	SCHOOL CLOSED
<b>SEPTEMBER 4</b>  <b>LABOR DAY</b>  <b>HOLIDAY !!</b>	<b>SEPTEMBER 5</b> ROASTED TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C DICED PEARS IN JUICE, 3/8 C <b>TODS AND TWOS</b> CARROT COINS	<b>SEPTEMBER 6</b> 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 <b>TODS AND TWOS</b> CHILLED DICED PEARS SWEET TENDER PEAS	<b>SEPTEMBER 7</b> 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)	<b>SEPTEMBER 8</b> **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	
<b>SEPTEMBER 11</b> BEEF MEATBALLS & GRAVY, 3 EA WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>SEPTEMBER 12</b> **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 <b>TODS AND TWOS</b> CARROT COINS	<b>SEPTEMBER 13</b> 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 <b>TODS AND TWOS</b> GREEN BEANS MIXED FRUIT IN JUICE	<b>SEPTEMBER 14</b> NEW STEAK & CHEESE SUB, 1/3 C SUB ROLL, 1/2 EA FANCY SHRED MONTEREY & CHEDDAR CHEESE, 1/2 OZ SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> ALL NATURAL APPLESAUCE	<b>SEPTEMBER 15</b> 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)	
<b>SEPTEMBER 18</b> CHICKEN SLIDER ON A BUN, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ W/ NO HFC KETCHUP STEAMED GREEN BEANS, 1/4 C DICED PEARS IN JUICE, 3/8 C	<b>SEPTEMBER 19</b> SOUTH OF THE BORDER BEEF TACO MEAT, 1/3 C WHOLE WHEAT 6" TORTILLA, 1 EA LO-FAT SHREDDED CHEDDAR , 1/2 OZ FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE SLICES, 3/8 C <b>TODS AND TWOS</b> CARROT COINS / APPLESAUCE	<b>SEPTEMBER 20</b> NEW STEAK & CHEESE SUB, 1/2 EA SHAVED 100% BEEF, 2 OZ WARM CREAMY CHEESE, 1/2 OZ MASHED POTATOES, 1/4 C PINEAPPLE TIDBITS IN JUICE, 3/8 C <b>TODS AND TWOS</b> DICED PEACHES IN JUICE	<b>SEPTEMBER 21</b> WHL GRAIN SPAGHETTI PASTA W/ BEEF MEAT MARINARA, 1/2 C TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA MILK, 3/4 C <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>SEPTEMBER 22</b> BEEF MEATBALLS & GRAVY, 3 EA WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/4 C FRESH ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE DICED PEACHES IN JUICE	
<b>SEPTEMBER 25</b> 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	<b>SEPTEMBER 26</b> CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/4 C FRESH DICED MIXED MELONS, 3/8 C <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE	<b>SEPTEMBER 27</b> COUNTRY SALISBURY STEAK W/ LO-SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C WHEAT DINNER ROLL, 1 EA DICED PEARS IN JUICE, 3/8 C	<b>SEPTEMBER 28</b> 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 <b>TODS AND TWOS</b> CHILLED APPLE SAUCE	<b>SEPTEMBER 29</b> BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BELGIAN WAFFLE STICKS (WG) W/ SYRUP, 2 EA TURKEY SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS <b>TODS AND TWOS</b> MIXED FRUIT IN JUICE	

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