

C. WOODLAND

JULY 2017

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JULY 3 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>JULY 4 HAPPY 4TH JULY!!!!</p>	<p>JULY 5 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</p>	<p>JULY 6 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>JULY 7 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BUTTERMILK WHOLE GRAIN PANCAKE W/ SYRUP, 1 EA TURKEY SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS TODS AND TWOS MIXED FRUIT IN JUICE</p>
<p>JULY 10 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 TODS AND TWOS CARROT COINS</p>	<p>JULY 11 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>JULY 12 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>JULY 13 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>JULY 14 **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 SEEDLESS WATERMELON, 1SL TODS & TWOS PEACHES IN JUICE</p>
<p>JULY 17 BEEF MEATBALLS & GRAVY, 3 EA BUTTERED WG PENNE MINI NOODLES, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE TODS AND TWOS SWEET TENDER PEAS</p>	<p>JULY 18 **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>JULY 19 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>	<p>JULY 20 BEEF & TURKEY SLOPPY JOES, 1/3 C WHEAT HAMBURGER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ALL NATURAL APPLESAUCE</p>	<p>JULY 21 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>JULY 24 FULLY COOKED WG BREADED DRUMSTICK (CN), 1 EA STEAMED GREEN BEANS, 1/4 C DICED PEARS IN JUICE, 3/8 C TODS AND TWOS CN WHOLE GRAIN BREADED CHICKEN NUGGETS W/ KETCHUP</p>	<p>JULY 25 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 TODS AND TWOS CARROT COINS / APPLESAUCE</p>	<p>JULY 26 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 TODS AND TWOS DICED PEACHES IN JUICE</p>	<p>JULY 27 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 TODS AND TWOS SWEET TENDER PEAS</p>	<p>JULY 28 BEEF MEATBALLS & GRAVY, 3 EA WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS 3-WAY HOT MIXED VEGGIE DICED PEACHES IN JUICE</p>
<p>JULY 31 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>				

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