C. WOODLAND | **AUGUST 2018** | **LK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		AUGUST 1 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	**AUGUST 2** 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	**AUGUST 3** BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA WG BUTTERMILK PANCAKES W/ NO HFC SYRUP, 1 EA CHICKEN SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS **TODS AND TWOS** MANDARIN ORANGES
AUGUST 6 ROASTED TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C **TODS AND TWOS** CARROT COINS	**AUGUST 7** 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	**AUGUST 8** 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** MANDARIN ORANGES SWEET TENDER PEAS	**AUGUST 9** 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)	**AUGUST 10** **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 FRESH CANTALOUPE, 1SL
AUGUST 13 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	**AUGUST 14** **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	**AUGUST 15** 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 MANDARIN ORANGES	**AUGUST 16** 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	**AUGUST 17** CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C SEEDLESS WATERMELON, 1SL **TODS & TWOS** PEACHES IN JUICE
AUGUST 20 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	**AUGUST 21** 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	**AUGUST 22** 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	**AUGUST 23** 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	**AUGUST 24** 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 CANTALOUPE, 1SL **TODS AND TWOS** 3-WAY HOT MIXED VEGGIE
AUGUST 27 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	**AUGUST 28** 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	**AUGUST 29** 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	**AUGUST 30** 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	**AUGUST 31** **TEACHER** **WORK DAY**

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