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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		AUGUST 1 VEGETARIAN MEXICAN 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 VEGETARIAN MEATBALL SUB, 2 EA LO-FAT SHREDDED MOZZARELLA, 1/2 OZ SUB ROLL, 1/2 EA STEAMED 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 BUTTERMILK PANCAKES (WG) W/ NO HFC SYRUP, 1 EA VEGGIE SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS **TODS AND TWOS** MANDARIN ORANGES
AUGUST 6 VEGGIE EGG ROLL, 2 EA WHOLE 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** VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/4 C FRESH BANANA, 1/2 EA	**AUGUST 8** VEGGIE NUGGETS, 4 EA TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL FRESH ORANGE WEDGES, 2 PCS **TODS AND TWOS** GREEN PEAS CHILLED DICED PEARS	**AUGUST 9** FAJITAS CHICKENLESS STRIPS, 1/3 C SHREDDED CHEDDAR CHEESE, 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 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C **TODS AND TWOS** SWEET TENDER PEAS	**AUGUST 14** WG RICE & BEANS, 3/8 C TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 EA FRESH BANANA, 1/2 EA **TODS AND TWOS** CARROT COINS	**AUGUST 15** VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP 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	**AUGUST 16** VEGETARIAN BLACK BEAN CHILI, 1/3 C 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 VEGETARIAN SAUSAGE SLIDER ON A ROLL W/ NO HFC KETCHUP, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ STEAMED GREEN BEANS, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C	**AUGUST 21** REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ WHOLE GRAIN RICE, 1 EA FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE SLICES, 3/8 C **TODS AND TWOS** CARROT COINS / APPLESAUCE	**AUGUST 22** VEGETARIAN BURGER, MORNING STAR, 1 EA W/VEGETARIAN GRAVY WHEAT DINNER ROLL, 1 EA SAVORY MASHED POTATOES, 1/4 C PINEAPPLE TIDBITS IN JUICE, 3/8 C **TODS AND TWOS** DICED PEACHES IN JUICE	**AUGUST 23** WHL GRAIN SPAGHETTI PASTA W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 11/2 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** VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY 100% WHOLE GRAIN BREAD, 1/2 SL 5- WAY HOT MIXED VEGETABLES , 1/4 C FRESH CANTALOUPE, 1SL **TODS AND TWOS** 3-WAY HOT MIXED VEGGIE
AUGUST 27 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP 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 MELONS, 3/8 C **TODS AND TWOS** 3-WAY HOT MIXED VEGGIE	**AUGUST 29** VEGETARIAN MEXICAN 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 VEGETARIAN MEATBALL SUB, 2 EA LO-FAT SHREDDED MOZZARELLA, 1/2 OZ SUB ROLL, 1/2 EA STEAMED 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