

C. WOODLAND		FEBRUARY 2019			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					FEBRUARY 1 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)
FEBRUARY 4 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	FEBRUARY 5 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	FEBRUARY 6 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	FEBRUARY 7 WHL GRAIN SPAGHETTI PASTA W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 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	FEBRUARY 8 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY 100% WHOLE GRAIN BREAD, 1/2 SL 5- WAY HOT MIXED VEGETABLES , 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE MANDARIN ORANGES	
FEBRUARY 11 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	FEBRUARY 12 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	FEBRUARY 13 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	FEBRUARY 14 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	FEBRUARY 15 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	
FEBRUARY 18 PRESIDENT'S DAY HOLIDAY	FEBRUARY 19 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	FEBRUARY 20 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 MANDARIN ORANGES	FEBRUARY 21 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)	FEBRUARY 22 **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	
FEBRUARY 25 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	FEBRUARY 26 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	FEBRUARY 27 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 MANDARIN ORANGES GREEN BEANS	FEBRUARY 28 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		

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