

C. WOODLAND

NOVEMBER 2017

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>NOVEMBER 1 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</p>	<p>NOVEMBER 2 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)</p>	<p>NOVEMBER 3 **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</p>
<p>NOVEMBER 6 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</p>	<p>NOVEMBER 7 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</p>	<p>NOVEMBER 8 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</p>	<p>NOVEMBER 9 VEGETARIAN CHICKENLESS STRIPS & CHEESE SUB, 1/3 C SUB ROLL, 1/2 EA WARM CREAMY CHEESE, 1/2 OZ SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ALL NATURAL APPLESAUCE</p>	<p>NOVEMBER 10 VETERAN'S DAY HOLIDAY</p>
<p>NOVEMBER 13 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 DICED PEARS IN JUICE, 3/8 C</p>	<p>NOVEMBER 14 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</p>	<p>NOVEMBER 15 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</p>	<p>NOVEMBER 16 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</p>	<p>NOVEMBER 17 **THANKSGIVING** CHICKENFREE STRIPS IN VEGGIE GRAVY, 1/3C MASHED POTATOES, 1/4C CRANBERRY SAUCE, 1OZ TOSSED SALAD W/DRESSING,1/4C ROLL BUTTER, 1EA CHOC CHIP COOKIE, 1EA TODS & TWOS GREEN BEANS/PEACHES IN JUICE</p>
<p>NOVEMBER 20 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</p>	<p>NOVEMBER 21 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 MELONS, 3/8 C TODS AND TWOS 3-WAY HOT MIXED VEGGIE</p>	<p>NOVEMBER 22 VEGETARIAN 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</p>	<p>NOVEMBER 23 **HAPPY THANKSGIVING**</p>	<p>NOVEMBER 24 **HAPPY THANKSGIVING**</p>
<p>NOVEMBER 27 VEGGIE EGG ROLL, 2 EA WHOLE 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>NOVEMBER 28 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</p>	<p>NOVEMBER 29 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</p>	<p>NOVEMBER 30 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)</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