

**C. WOODLAND** **SEPTEMBER 2017** **LK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>SEPTEMBER 1</b>  SCHOOL CLOSED
<b>SEPTEMBER 4</b>  <b>LABOR DAY</b>  <b>HOLIDAY !!</b>	<b>SEPTEMBER 5</b> 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 <b>TODS AND TWOS</b> CARROT COINS	<b>SEPTEMBER 6</b> 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 <b>TODS AND TWOS</b> GREEN PEAS CHILLED DICED PEARS	<b>SEPTEMBER 7</b> FAJITAS CHICKENLESS STRIPS, 1/3 C 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)	<b>SEPTEMBER 8</b> **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
<b>SEPTEMBER 11</b> 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 <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>SEPTEMBER 12</b> WG RICE & BEANS, 3/8 C TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 EA FRESH BANANA, 1/2 EA <b>TODS AND TWOS</b> CARROT COINS	<b>SEPTEMBER 13</b> 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 <b>TODS AND TWOS</b> GREEN BEANS MIXED FRUIT IN JUICE	<b>SEPTEMBER 14</b> VEGETARIAN CHICKENLESS STRIPS & CHEESE SUB, 1/3 C SUB ROLL, 1/2 EA FANCY SHRED MONTEREY & CHEDDAR CHEESE, 1/2 OZ SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> ALL NATURAL APPLESAUCE	<b>SEPTEMBER 15</b> 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)
<b>SEPTEMBER 18</b> 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	<b>SEPTEMBER 19</b> REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE SLICES, 3/8 C <b>TODS AND TWOS</b> CARROT COINS / APPLESAUCE	<b>SEPTEMBER 20</b> CHEDDAR CHEESE SUB SANDWICH, 1/2 EA NATURAL CHEDDAR CHEESE SLICE , 1 1/2 OZ MASHED POTATOES, 1/4 C PINEAPPLE TIDBITS IN JUICE, 3/8 C <b>TODS AND TWOS</b> DICED PEACHES IN JUICE	<b>SEPTEMBER 21</b> 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 <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>SEPTEMBER 22</b> 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 <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE DICED PEACHES IN JUICE
<b>SEPTEMBER 25</b> 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	<b>SEPTEMBER 26</b> 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 <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE	<b>SEPTEMBER 27</b> VEGETARIAN BURGER MORNING STAR W/ VEG BROTH, 1 EA WHEAT DINNER ROLL, 1 EA SAVORY MASHED POTATOES, 1/4 C DICED PEARS IN JUICE, 3/8 C	<b>SEPTEMBER 28</b> 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 <b>TODS AND TWOS</b> CHILLED APPLE SAUCE	<b>SEPTEMBER 29</b> BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BELGIAN WAFFLE STICKS (WG) W/ SYRUP, 2 EA VEGGIE SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS <b>TODS AND TWOS</b> MIXED FRUIT IN JUICE

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