

**C. WOODLAND**

**NOVEMBER 2018**

**LK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>NOVEMBER 1</b>                      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><b>NOVEMBER 2</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</p>
<p><b>NOVEMBER 5</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</p>	<p><b>NOVEMBER 6</b>                      WG RICE &amp; 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</p>	<p><b>NOVEMBER 7</b>                      VEGGIE NUGGETS, 4 EA                      W/ NO HFC KETCHUP                      100% WHOLE GRAIN BREAD, 1/2 SL                      CAESAR SALAD W/ ROMAINE                      DRESSING &amp; PARMESAN, 1/4 C                      FRESH ORANGE WEDGES, 2 PCS  <b>TODS AND TWOS</b>                      MANDARIN ORANGES                      GREEN BEANS</p>	<p><b>NOVEMBER 8</b>                      VEGETARIAN BLACK BEAN CHILI,                      1/3 C                      WHEAT DINNER ROLL, 1 EA                      SWEET YELLOW CORN, 1/4 C                      FRESH APPLE, 3/8 C  <b>TODS AND TWOS</b>                      ALL NATURAL APPLESAUCE</p>	<p><b>NOVEMBER 9</b>                      CREAMY MACARONI &amp; 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)</p>
<p><b>NOVEMBER 12</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                      MIXED FRUIT IN JUICE (NO                      PINEAPPLE), 3/8 C</p>	<p><b>NOVEMBER 13</b>                      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  <b>TODS AND TWOS</b>                      CARROT COINS / APPLESAUCE</p>	<p><b>NOVEMBER 14</b>                      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  <b>TODS AND TWOS</b>                      DICED PEACHES IN JUICE</p>	<p><b>NOVEMBER 15</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</p>	<p><b>NOVEMBER 16</b>                      **THANKSGIVING**  <b>CHICKENFREE STRIPS IN VEGGIE                      GRAVY, 1/3C</b>                      MASHED POTATOES, 1/4C                      CRANBERRY SAUCE, 1OZ                      TOSSED SALAD W/DRESSING,1/4C                      ROLL BUTTER, 1EA                      CHOC CHIP COOKIE, 1EA  <b>TODS &amp; TWOS</b>                      GREEN BEANS</p>
<p><b>NOVEMBER 19</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</p>	<p><b>NOVEMBER 20</b>                      CREAMY MACARONI &amp; 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  <b>TODS AND TWOS</b>                      3-WAY HOT MIXED VEGGIE</p>	<p><b>NOVEMBER 21</b>                      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  <b>TODS AND TWOS</b>                      WHEAT DINNER ROLL                      CARROT COINS</p>	<p><b>NOVEMBER 22</b>                      **HAPPY THANKSGIVING**</p>	<p><b>NOVEMBER 23</b>                      **THANKSGIVING HOLIDAY**</p>
<p><b>NOVEMBER 26</b>                      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  <b>TODS AND TWOS</b>                      CARROT COINS</p>	<p><b>NOVEMBER 27</b>                      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><b>NOVEMBER 28</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                      MANDARIN ORANGES</p>	<p><b>NOVEMBER 29</b>                      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><b>NOVEMBER 30</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</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