

**C. WOODLAND**

**FEBRUARY 2018**

**LK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>FEBRUARY 1</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>FEBRUARY 2</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>FEBRUARY 5</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>FEBRUARY 6</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>FEBRUARY 7</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>FEBRUARY 8</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>FEBRUARY 9</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</p>
<p><b>FEBRUARY 12</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>FEBRUARY 13</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>FEBRUARY 14</b>                      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  <b>TODS AND TWOS</b>                      WHEAT DINNER ROLL                      CARROT COINS</p>	<p><b>FEBRUARY 15</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</p>	<p><b>FEBRUARY 16</b>                      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  <b>TODS AND TWOS</b>                      MIXED FRUIT IN JUICE</p>
<p><b>FEBRUARY 19</b>   <b>PRESIDENT'S DAY</b></p>	<p><b>FEBRUARY 20</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>FEBRUARY 21</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</p>	<p><b>FEBRUARY 22</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>FEBRUARY 23</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>FEBRUARY 26</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>FEBRUARY 27</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>FEBRUARY 28</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>                      GREEN BEANS                      MIXED FRUIT IN JUICE</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