

SAMPLE LUNCH 2

SEPTEMBER 2009

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>SEPTEMBER 1 ENRICHED SHORT SPAGHETTI W/ MARINARA MEAT SAUCE, 1/2 C TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS</p>	<p>SEPTEMBER 2 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS CHILLED DICED PEACHES</p>	<p>SEPTEMBER 3 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA WHOLE WHEAT BREAD, 1/2 SL CARROT COINS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CN WHOLE GRAIN BREADED CHICKEN NUGGETS W/ CATSUP APPLESAUCE</p>	<p>SEPTEMBER 4 "CATCH OF THE DAY" FISH & BATTER, 1 EA W/ CATSUP WHOLE WHEAT BREAD, 1/2 SL HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>
<p>SEPTEMBER 7 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C</p>	<p>SEPTEMBER 8 MACARONI & CHEESE, 1/2 C DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS</p>	<p>SEPTEMBER 9 BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS CHILLED DICED PEARS</p>	<p>SEPTEMBER 10 NACHO MEAT, 1 OZ (BEEF CRUMBLES) W/ SHRED CHEDDAR CHEESE, 1/2 OZ TORTILLA CHIPS, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ROLL / CARROT COINS APPLESAUCE</p>	<p>SEPTEMBER 11 SPAGHETTI W/ MARINARA, 1/3 C TURKEY MEATBALLS, 3 EA TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS MIXED FRUIT/GREEN BEANS</p>
<p>SEPTEMBER 14 TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C CHILLED DICED PEARS, 3/8 C TODS AND TWOS CARROT COINS</p>	<p>SEPTEMBER 15 ITALIAN TURKEY MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C CHILLED MIXED FRUIT, 3/8 C TODS AND TWOS CHILLED DICED PEACHES</p>	<p>SEPTEMBER 16 TURKEY MEATBALLS & GRAVY, 3 EA SPLIT TOP ROLL, 1 EA SWEET TENDER PEAS, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS APPLESAUCE</p>	<p>SEPTEMBER 17 TURKEY CORN DOG NUGGETS, 4 EA W/ CATSUP GREEN PEAS, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS CHILLED DICED PEARS</p>	<p>SEPTEMBER 18 **BAKED ZITI** NO MEAT HAS SOY, 2 OZ IN ITALIAN RED SAUCE SMOTHERED IN THREE CHEESES, 1/2 C STEAMED VEG MEDLEY, 1/4 C ITALIAN BREAD, 1 SL CHILLED DICED PEACHES, 3/8 C</p>
<p>SEPTEMBER 21 CHILI /NO BEANS, 1/3 C SHRED CHEDDAR CHEESE, 1/2 OZ SALTINE CRACKERS, 4 EA GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>SEPTEMBER 22 HAWAIIAN TURKEY MEATBALLS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS</p>	<p>SEPTEMBER 23 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA SAVORY MASHED POTATOES, 1/4 C WHOLE WHEAT BREAD, 1/2 SL FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</p>	<p>SEPTEMBER 24 TURKEY MEATBALLS & GRAVY, 3 EA SPLIT TOP ROLL, 1 EA SWEET TENDER PEAS, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS APPLESAUCE</p>	<p>SEPTEMBER 25 CHICKEN BREAST CHUNK BONELESS WING DING, 2 EA W/ CATSUP DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>
<p>SEPTEMBER 28 SOFT CHICKEN TACO, 1/4 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 1 OZ LO-FAT SHREDDED CHEDDAR, 1/2 OZ WARM SOFT TORTILLA, 1 EA GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>SEPTEMBER 29 ENRICHED SHORT SPAGHETTI W/ MARINARA MEAT SAUCE, 1/2 C TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS</p>	<p>SEPTEMBER 30 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS CHILLED DICED PEACHES</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