

FFS		SEPTEMBER 2017			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				SEPTEMBER 1 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BELGIAN WAFFLE STICKS (WG) W/ SYRUP, 2 EA TURKEY SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS TODS AND TWOS MIXED FRUIT IN JUICE	
SEPTEMBER 4 LABOR DAY HOLIDAY !!	SEPTEMBER 5 ROASTED TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL 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	SEPTEMBER 6 TURKEY CORN DOG NUGGETS, 4 EA W/ NO HFC KETCHUP TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS CHILLED DICED PEARS SWEET TENDER PEAS	SEPTEMBER 7 CHICKEN FAJITAS , 1/3 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE	SEPTEMBER 8 **BAKED ZITI** MEATLESS CONTAINS SOY 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 TODS AND TWOS CARROT COINS	
SEPTEMBER 11 BEEF MEATBALLS & GRAVY, 3 EA WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE TODS AND TWOS SWEET TENDER PEAS	SEPTEMBER 12 PIZZA PASTA BAKE BEEF CRUMBLES, CHICKEN & BEEF PEPPERONI, TOMATO SAUCE, PASTA, 1/2 C SHREDDED MOZZARELLA CHEESE, 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 EA FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS	SEPTEMBER 13 WHOLE GRAIN CHICKEN BITES W/ NO HFC KETCHUP, 3 EA 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	SEPTEMBER 14 NEW STEAK & 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 TODS AND TWOS ALL NATURAL APPLESAUCE	SEPTEMBER 15 WHOLE GRAIN BREADED POLLOCK FISH WEDGE, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C DICED PEACHES IN JUICE, 3/8 C TODS AND TWOS SWEET TENDER PEAS	
SEPTEMBER 18 CHICKEN SLIDER ON A BUN, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ W/ NO HFC KETCHUP STEAMED GREEN BEANS, 1/4 C DICED PEARS IN JUICE, 3/8 C	SEPTEMBER 19 CHICKEN TENDERS, GLUTEN FREE, 3 EA W/ NO HFC KETCHUP WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CARROT COINS / APPLESAUCE	SEPTEMBER 20 COUNTRY STYLE SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 3/8 C TODS AND TWOS DICED PEACHES IN JUICE	SEPTEMBER 21 WHOLE WHEAT SPAGHETTI W/ MARINARA MEAT SAUCE, 1/2 C TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS	SEPTEMBER 22 CHICKEN BREAST CHUNK BONELESS WING DING, 3 EA W/ NO HFC KETCHUP WHEAT DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS 3-WAY HOT MIXED VEGGIE	
SEPTEMBER 25 OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	SEPTEMBER 26 CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE	SEPTEMBER 27 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	SEPTEMBER 28 ITALIAN BEEF MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE	SEPTEMBER 29 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BELGIAN WAFFLE STICKS (WG) W/ SYRUP, 2 EA TURKEY SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS TODS AND TWOS 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

