

FFS		SEPTEMBER 2019			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SEPTEMBER 2 LABOR DAY HOLIDAY	SEPTEMBER 3 ROASTED TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C TODS AND TWOS CARROT COINS	SEPTEMBER 4 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 MANDARIN ORANGES SWEET TENDER PEAS	SEPTEMBER 5 CHICKEN FAJITAS, NAE, 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 6 **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 PCS DICED PEACHES IN JUICE, 3/8 C	
SEPTEMBER 9 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 10 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 C FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS	SEPTEMBER 11 NAE WHOLE GRAIN CHICKEN NUGGETS W/ NO HFC KETCHUP, 4 EA CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS GREEN BEANS MANDARIN ORANGES	SEPTEMBER 12 CHEESEBURGER MEATLOAF, 1 EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ALL NATURAL APPLESAUCE	SEPTEMBER 13 GRILLED CHICKEN BREAST FILET, NAE, 1 EA WHEAT HAMBURGER ROLL, 1 EA NO HFC KETCHUP SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C	
SEPTEMBER 16 CHICKEN SLIDER ON A BUN, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ W/ NO HFC KETCHUP STEAMED GREEN BEANS, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C	SEPTEMBER 17 CHICKEN TENDERS, GLUTEN FREE, 3 EA W/ NO HFC KETCHUP BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE SLICES, 3/8 EA TODS AND TWOS CARROT COINS / APPLESAUCE	SEPTEMBER 18 SALISBURY STEAK W/ 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 19 WHL GRAIN SPAGHETTI W/ BEEF & TURKEY MEAT MARINARA, 1/2 C PARMESAN CHEESE, 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS	SEPTEMBER 20 NAE BONELESS BREADED CHICKEN BREAST CHUNKS, 3 EA 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 MANDARIN ORANGES	
SEPTEMBER 23 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 24 CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 EA MIXED FRESH VEGETABLE W/CREAMY RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE	SEPTEMBER 25 MEXICAN BEEF NACHO FIESTA, 1/4 C W/ SHRED CHEDDAR CHEESE, 1/2 OZ CORN TORTILLA CHIPS, 1/4 C SWEET YELLOW CORN, 1/4 C DICED PEARS IN JUICE, 3/8 C TODS AND TWOS ROLL / CARROT COINS	SEPTEMBER 26 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 27 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA WG BUTTERMILK PANCAKES W/ NO HFC SYRUP, 1 EA CHICKEN SAUSAGE PATTY, 1 EA FRESH BABY CARROTS W/RANCH DIP, 1/4 C ORANGE WEDGES, 2 PCS TODS AND TWOS MANDARIN ORANGES CARROT COINS	
SEPTEMBER 30 ROASTED TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C TODS AND TWOS CARROT COINS					

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.