

FFS	SEPTEMBER 2016				LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<p><b>SEPTEMBER 1</b>            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  <b>TODS AND TWOS</b>            CHILLED APPLE SAUCE</p>	<p><b>SEPTEMBER 2</b>            BREAKFAST FOR LUNCH !!            DANIMALS VANILLA YOGURT, 1 EA            BUTTERMILK WHOLE GRAIN            PANCAKE W/ SYRUP, 1 EA            TURKEY SAUSAGE PATTY, 1 EA            FRESH ORANGE WEDGES, 4 PCS  <b>TODS AND TWOS</b>            MIXED FRUIT IN JUICE</p>	
<p><b>SEPTEMBER 5</b>   <b>LABOR DAY</b>   <b>HOLIDAY !!</b></p>	<p><b>SEPTEMBER 6</b>            ROASTED TERIYAKI CHICKEN            STRIPS, 3 EA            BRN WHL GRAIN RICE, 1/4 C            FRESH BABY CARROTS W/RANCH            DIP, 1/4 C            CHILLED DICED PEARS IN JUICE,            3/8 C  <b>TODS AND TWOS</b>            CARROT COINS</p>	<p><b>SEPTEMBER 7</b>            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  <b>TODS AND TWOS</b>            CHILLED DICED PEARS            SWEET TENDER PEAS</p>	<p><b>SEPTEMBER 8</b>            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  <b>TODS AND TWOS</b>            CHILLED APPLE SAUCE</p>	<p><b>SEPTEMBER 9</b>            **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            CHILLED DICED PEACHES IN JUICE,            3/8 C  <b>TODS AND TWOS</b>            CARROT COINS</p>	
<p><b>SEPTEMBER 12</b>            BEEF MEATBALLS &amp; GRAVY, 3 EA            BUTTERED WG PENNE MINI            NOODLES, 1/4 C            FRESH BABY CARROTS W/RANCH            DIP, 1/4 C            CHILLED DICED PEARS IN JUICE  <b>TODS AND TWOS</b>            SWEET TENDER PEAS</p>	<p><b>SEPTEMBER 13</b>            PIZZA PASTA BAKE            BEEF CRUMBLES, CHICKEN &amp; 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  <b>TODS AND TWOS</b>            CARROT COINS</p>	<p><b>SEPTEMBER 14</b>            WHOLE GRAIN CHICKEN BITES W/            NO HFC KETCHUP, 3 EA            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>	<p><b>SEPTEMBER 15</b>            ALL NEW BEEF &amp; TURKEY SLOPPY            JOES, 1/3 C            WHEAT HAMBURGER 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>SEPTEMBER 16</b>            WHOLE GRAIN BREADED POLLOCK            FISH WEDGE, 1 EA            WHEAT HAMBURGER ROLL W/ NO            HFC KETCHUP, 1 EA            SWEET TENDER PEAS, 1/4 C            CHILLED DICED PEACHES IN JUICE,            3/8 C  <b>TODS AND TWOS</b>            SWEET TENDER PEAS</p>	
<p><b>SEPTEMBER 19</b>            FULLY COOKED WG BREADED            DRUMSTICK (CN), 1 EA            STEAMED GREEN BEANS, 1/4 C            CHILLED DICED PEARS IN JUICE,            3/8 C  <b>TODS AND TWOS</b>            CN WHOLE GRAIN BREADED            CHICKEN NUGGETS W/ KETCHUP</p>	<p><b>SEPTEMBER 20</b>            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  <b>TODS AND TWOS</b>            CARROT COINS / APPLESAUCE</p>	<p><b>SEPTEMBER 21</b>            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  <b>TODS AND TWOS</b>            DICED PEACHES IN JUICE</p>	<p><b>SEPTEMBER 22</b>            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  <b>TODS AND TWOS</b>            SWEET TENDER PEAS</p>	<p><b>SEPTEMBER 23</b>            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            CHILLED DICED PEACHES IN JUICE,            3/8 C  <b>TODS AND TWOS</b>            3-WAY HOT MIXED VEGGIE</p>	
<p><b>SEPTEMBER 26</b>            OVEN BAKED CHICKEN BREAST            PATTY SANDWICH, 1 EA            WHEAT HAMBURGER ROLL W/ NO            HFC KETCHUP, 1 EA            SWEET TENDER PEAS, 1/4 C            CHILLED APPLESAUCE, 3/8 C</p>	<p><b>SEPTEMBER 27</b>            CREAMY MACARONI &amp; 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  <b>TODS AND TWOS</b>            3-WAY HOT MIXED VEGGIE</p>	<p><b>SEPTEMBER 28</b>            MEXICAN NACHO FIESTA, 1/4 C            ( BEEF CRUMBLES)            W/ SHRED CHEDDAR CHEESE, 1/2 OZ            CORN TORTILLA CHIPS, 1/4 C            FRESH BABY CARROTS W/RANCH            DIP, 1/4 C            CHILLED DICED PEARS IN JUICE,            3/8 C  <b>TODS AND TWOS</b>            WHEAT DINNER ROLL            CARROT COINS</p>	<p><b>SEPTEMBER 29</b>            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  <b>TODS AND TWOS</b>            CHILLED APPLE SAUCE</p>	<p><b>SEPTEMBER 30</b>            BREAKFAST FOR LUNCH !!            DANIMALS VANILLA YOGURT, 1 EA            BUTTERMILK WHOLE GRAIN            PANCAKE W/ SYRUP, 1 EA            TURKEY SAUSAGE PATTY, 1 EA            FRESH ORANGE WEDGES, 4 PCS  <b>TODS AND TWOS</b>            MIXED FRUIT IN JUICE</p>	

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