

FFS	JANUARY 2017				LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
JANUARY 2 HAPPY NEW YEAR!!	JANUARY 3 BEEF MEATBALLS & 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 TODS AND TWOS SWEET TENDER PEAS	JANUARY 4 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	JANUARY 5 ALL NEW BEEF & TURKEY SLOPPY JOES, 1/3 C WHEAT HAMBURGER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ALL NATURAL APPLESAUCE	JANUARY 6 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 TODS AND TWOS SWEET TENDER PEAS	
JANUARY 9 FULLY COOKED WG BREADED DRUMSTICK (CN), 1 EA STEAMED GREEN BEANS, 1/4 C CHILLED DICED PEARS IN JUICE, 3/8 C TODS AND TWOS CN WHOLE GRAIN BREADED CHICKEN NUGGETS W/ KETCHUP	JANUARY 10 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	JANUARY 11 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	JANUARY 12 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	JANUARY 13 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 TODS AND TWOS 3-WAY HOT MIXED VEGGIE	
 JANUARY 16 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 	JANUARY 17 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	JANUARY 18 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 TODS AND TWOS WHEAT DINNER ROLL CARROT COINS	JANUARY 19 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	JANUARY 20 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 TODS AND TWOS MIXED FRUIT IN JUICE	
JANUARY 23 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 TODS AND TWOS CARROT COINS	JANUARY 24 LEAN BEEF HAMBURGER PATTY, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT (NO PINEAPPLE), 3/8 C	JANUARY 25 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	JANUARY 26 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	JANUARY 27 **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 TODS AND TWOS CARROT COINS	
JANUARY 30 BEEF MEATBALLS & 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 TODS AND TWOS SWEET TENDER PEAS	JANUARY 31 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				

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