

FFS		MAY 2017			LK PORTIONS	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<b>MAY 1</b> FULLY COOKED WG BREADED DRUMSTICK (CN), 1 EA STEAMED GREEN BEANS, 1/4 C DICED PEARS IN JUICE, 3/8 C <b>TODS AND TWOS</b> CN WHOLE GRAIN BREADED CHICKEN NUGGETS W/ KETCHUP	<b>MAY 2</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	<b>MAY 3</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	<b>MAY 4</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	<b>MAY 5</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 FRESH ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE		
<b>MAY 8</b> 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	<b>MAY 9</b> 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 <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE	<b>MAY 10</b> 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 <b>TODS AND TWOS</b> WHEAT DINNER ROLL CARROT COINS	<b>MAY 11</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	<b>MAY 12</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		
<b>MAY 15</b> 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 <b>TODS AND TWOS</b> CARROT COINS	<b>MAY 16</b> LEAN BEEF HAMBURGER PATTY, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/4 C FRESH BANANA, 1/2 EA	<b>MAY 17</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	<b>MAY 18</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	<b>MAY 19</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 DICED PEACHES IN JUICE, 3/8 C <b>TODS AND TWOS</b> CARROT COINS		
<b>MAY 22</b> BEEF MEATBALLS & GRAVY, 3 EA BUTTERED WG PENNE MINI NOODLES, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>MAY 23</b> 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 <b>TODS AND TWOS</b> CARROT COINS	<b>MAY 24</b> 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 <b>TODS AND TWOS</b> GREEN BEANS MIXED FRUIT IN JUICE	<b>MAY 25</b> BEEF & 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	<b>MAY 26</b> 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 <b>TODS AND TWOS</b> SWEET TENDER PEAS		
<b>MAY 29</b> <b>MEMORIAL DAY HOLIDAY!!</b>	<b>MAY 30</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	<b>MAY 31</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				

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