

FFS	SEPTEMBER 2020				LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>SEPTEMBER 1 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</p>	<p>SEPTEMBER 2 TURKEY CORN DOG NUGGETS, 4 EA W/ NO HFC KETCHUP TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C ORANGE WEDGES, 2 PCS TODS AND TWOS MANDARIN ORANGES SWEET TENDER PEAS</p>	<p>SEPTEMBER 3 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</p>	<p>SEPTEMBER 4 **BAKED ZITI** MEATLESS CONTAINS SOY ITALIAN RED SAUCE W/ THREE CHEESES, 1/2 C PEAS/CARROTS/GREEN BEAN/ CORN/LIMA BEANS, 1/4 C ITALIAN BREAD, 1 PCS DICED PEACHES IN JUICE, 3/8 C</p>	
<p>SEPTEMBER 7 LABOR DAY HOLIDAY !!</p>	<p>SEPTEMBER 8 BEEF MEATBALLS & GRAVY, 3 EA WHOLE GRAIN RICE, 1/4 C BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE TODS AND TWOS SWEET TENDER PEAS</p>	<p>SEPTEMBER 9 NAE WHOLE GRAIN CHICKEN NUGGETS W/ NO HFC KETCHUP, 4 EA CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C ORANGE WEDGES, 2 PCS TODS AND TWOS GREEN BEANS MANDARIN ORANGES</p>	<p>SEPTEMBER 10 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</p>	<p>SEPTEMBER 11 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</p>	
<p>SEPTEMBER 14 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 PEACHES & PEARS IN JUICE, 3/8 C</p>	<p>SEPTEMBER 15 CHICKEN TENDERS, GLUTEN FREE, 3 EA W/ NO HFC KETCHUP BRN WHL GRAIN RICE, 1/4 C BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE SLICES, 3/8 EA TODS AND TWOS CARROT COINS / APPLESAUCE</p>	<p>SEPTEMBER 16 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</p>	<p>SEPTEMBER 17 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</p>	<p>SEPTEMBER 18 NAE BREADED CHICKEN BREAST CHUNKS, 3 EA NO HFC KETCHUP WHEAT DINNER ROLL, 1 EA PEAS/CARROT/GREEN BEANS/CORN/LIMA BEANS, 1/4 C ORANGE WEDGES, 2 PCS TODS AND TWOS PEAS/CARROT/GREEN BEANS MANDARIN ORANGES</p>	
<p>SEPTEMBER 21 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</p>	<p>SEPTEMBER 22 CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 EA BABY CARROTS, BROCCOLI W/CREAMY RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS PEAS/CARROT/GREEN BEANS</p>	<p>SEPTEMBER 23 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</p>	<p>SEPTEMBER 24 ITALIAN BEEF MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHRED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</p>	<p>SEPTEMBER 25 BREAKFAST LUNCH ! DANIMALS VANILLA YOGURT, 1 EA WG BUTTERMILK PANCAKES W/ NO HFC SYRUP, 1 EA CHICKEN SAUSAGE PATTY, 1 EA BABY CARROTS W/RANCH DIP, 1/4 C ORANGE WEDGES, 2 PCS TODS AND TWOS MANDARIN ORANGES CARROT COINS</p>	
<p>SEPTEMBER 28 ROASTED TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C BABY CARROTS W/RANCH DIP, 1/4 C MIXED PEACHES & PEARS IN JUICE, 3/8 C TODS AND TWOS CARROT COINS</p>	<p>SEPTEMBER 29 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</p>	<p>SEPTEMBER 30 TURKEY CORN DOG NUGGETS, 4 EA W/ NO HFC KETCHUP TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C ORANGE WEDGES, 2 PCS TODS AND TWOS MANDARIN ORANGES SWEET TENDER PEAS</p>			

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