

YOUR CHILD'S PLACE

OCTOBER 2017

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OCTOBER 2 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 TODS AND TWOS CARROT COINS</p>	<p>OCTOBER 3 LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>OCTOBER 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 SWEET TENDER PEAS</p>	<p>OCTOBER 5 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</p>	<p>OCTOBER 6 **BAKED ZITI** MEATLESS CONTAINS SOY ITALIAN RED SAUCE, 1/2 C W/ THREE CHEESES 5- WAY HOT MIXED VEGETABLES , 1/4 C ITALIAN BREAD, 1 SL DICED PEACHES IN JUICE, 3/8 C TODS AND TWOS CARROT COINS</p>
<p>OCTOBER 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</p>	<p>OCTOBER 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</p>	<p>OCTOBER 11 WHOLE GRAIN CHICKEN BITES W/ NO HFC KETCHUP, 3 EA CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS 3-WAY HOT MIXED VEGGIE MIXED FRUIT IN JUICE</p>	<p>OCTOBER 12 NEW STEAK & CHEESE SUB, 1/3 C SUB ROLL, 1/2 EA FANCY SHRED MONTEREY & CHEDDAR CHEESE, 1/2 OZ SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ALL NATURAL APPLESAUCE</p>	<p>OCTOBER 13 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 TODS AND TWOS SWEET TENDER PEAS</p>
<p>OCTOBER 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 DICED PEARS IN JUICE, 3/8 C</p>	<p>OCTOBER 17 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</p>	<p>OCTOBER 18 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</p>	<p>OCTOBER 19 WHL GRAIN SPAGHETTI PASTA W/ BEEF MEAT MARINARA, 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</p>	<p>OCTOBER 20 CHICKEN BREAST CHUNK BONELESS WING DINGS, 2 EA W/ NO HFC KETCHUP WHEAT DINNER ROLL, 1 EA 5- WAY HOT MIXED VEGETABLES , 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS 3-WAY HOT MIXED VEGGIE DICED PEACHES IN JUICE</p>
<p>OCTOBER 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</p>	<p>OCTOBER 24 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</p>	<p>OCTOBER 25 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 TODS AND TWOS WHEAT DINNER ROLL CARROT COINS</p>	<p>OCTOBER 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</p>	<p>OCTOBER 27 WHOLE GRAIN VEGETARIAN SPAGHETTI MARINARA, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH ORANGE WEDGES, 2 EA</p>
<p>OCTOBER 30 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 TODS AND TWOS CARROT COINS</p>	<p>OCTOBER 31 LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/4 C FRESH BANANA, 1/2 EA</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

