

MCC REGULAR		SEPTEMBER 2017			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>SEPTEMBER 1</b> BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BELGIAN WAFFLE STICKS (WG) W/ SYRUP, 2 EA TURKEY SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS <b>TODS AND TWOS</b> MIXED FRUIT IN JUICE	
<b>SEPTEMBER 4</b>  <b>LABOR DAY</b>  <b>HOLIDAY !!</b>	<b>SEPTEMBER 5</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>SEPTEMBER 6</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>SEPTEMBER 7</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>SEPTEMBER 8</b> <b>**BAKED ZITI** MEATLESS CONTAINS            SOY</b> 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>SEPTEMBER 11</b> BEEF MEATBALLS & GRAVY, 3 EA WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>SEPTEMBER 12</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>SEPTEMBER 13</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>SEPTEMBER 14</b> 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 <b>TODS AND TWOS</b> ALL NATURAL APPLESAUCE	<b>SEPTEMBER 15</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>SEPTEMBER 18</b> 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	<b>SEPTEMBER 19</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>SEPTEMBER 20</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>SEPTEMBER 21</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>SEPTEMBER 22</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>SEPTEMBER 25</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>SEPTEMBER 26</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>SEPTEMBER 27</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>SEPTEMBER 28</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>SEPTEMBER 29</b> BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BELGIAN WAFFLE STICKS (WG) W/ SYRUP, 2 EA TURKEY SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS <b>TODS AND TWOS</b> MIXED FRUIT 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

MCC VEGGIE		SEPTEMBER 2017			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>SEPTEMBER 1</b> BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BELGIAN WAFFLE STICKS (WG) W/ SYRUP, 2 EA VEGGIE SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS <b>TODS AND TWOS</b> MIXED FRUIT IN JUICE	
<b>SEPTEMBER 4</b>  <b>LABOR DAY</b>  <b>HOLIDAY !!</b>	<b>SEPTEMBER 5</b> VEGGIE EGG ROLL, 2 EA WHOLE 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>SEPTEMBER 6</b> VEGGIE NUGGETS, 4 EA TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL FRESH ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> GREEN PEAS CHILLED DICED PEARS	<b>SEPTEMBER 7</b> FAJITAS CHICKENLESS STRIPS, 1/3 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> CHILLED APPLE SAUCE	<b>SEPTEMBER 8</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>SEPTEMBER 11</b> VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE 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> SWEET TENDER PEAS	<b>SEPTEMBER 12</b> PIZZA PASTA BAKE "MEATLESS" CHICKEN FREE STRIPS, TOMATO SAUCE, PASTA, MOZZARELLA, 1/2 C TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA <b>TODS AND TWOS</b> CARROT COINS	<b>SEPTEMBER 13</b> VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP 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> MIXED FRUIT IN JUICE GREEN BEANS	<b>SEPTEMBER 14</b> VEGETARIAN CHICKENLESS STRIPS & 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 <b>TODS AND TWOS</b> ALL NATURAL APPLESAUCE	<b>SEPTEMBER 15</b> CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C DICED PEACHES IN JUICE, 3/8 C	
<b>SEPTEMBER 18</b> VEGETARIAN SAUSAGE SLIDER, 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	<b>SEPTEMBER 19</b> REFRIED BEANS, 1/2 C SHRED CHEDDAR ON THE SIDE, 1/2 OZ 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>SEPTEMBER 20</b> VEGETARIAN BURGER MORNING STAR W/ VEG BROTH, 1 EA WHEAT DINNER ROLL, 1 EA SAVORY MASHED POTATOES, 1/4 C PINEAPPLE TIDBITS IN JUICE, 3/8 C <b>TODS AND TWOS</b> DICED PEACHES IN JUICE	<b>SEPTEMBER 21</b> WHOLE WHEAT SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1/2 OZ 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>SEPTEMBER 22</b> VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHEAT DINNER ROLL, 1 EA 5- WAY HOT MIXED VEGETABLES , 1/4 C FRESH ORANGE WEDGES, 2 PCS	
<b>SEPTEMBER 25</b> VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	<b>SEPTEMBER 26</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>SEPTEMBER 27</b> VEGETARIAN 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>SEPTEMBER 28</b> ITALIAN VEGETARIAN MEATBALL SUB, 2 EA LO-FAT SHREDDED MOZZARELLA, 1/2 OZ SUB ROLL, 1/2 EA STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> CHILLED APPLE SAUCE	<b>SEPTEMBER 29</b> BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BELGIAN WAFFLE STICKS (WG) W/ SYRUP, 2 EA VEGGIE SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS <b>TODS AND TWOS</b> MIXED FRUIT IN JUICE	

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