

IMAGINATION		SEPTEMBER 2013			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SEPTEMBER 2 LABOR DAY HOLIDAY !!!!	SEPTEMBER 3 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	SEPTEMBER 4 CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	SEPTEMBER 5 VEGETARIAN MEXICAN NACHO FIESTA, 1 OZ W/ SHRED CHEDDAR CHEESE, 1/2 OZ CORN TORTILLA CHIPS, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C CHILLED APPLESAUCE, 3/8 C TODS AND TWOS WHEAT DINNER ROLL CARROT COINS	SEPTEMBER 6 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA FRENCH TOAST STICKS W/ SYRUP, 3 EA BREAKFAST POTATOES, 1/4 C CHILLED MIXED FRUIT (NO PINEAPPLE), 3/8 C	
SEPTEMBER 9 VEGGIE EGG ROLL, 1 EA WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	SEPTEMBER 10 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ KETCHUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT (NO PINEAPPLE), 3/8 C	SEPTEMBER 11 BLACK BEANS LO-FAT SHREDDED CHEDDAR , 1/2 OZ ULTRA GRAIN 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	SEPTEMBER 12 VEGGIE REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS GREEN PEAS CHILLED DICED PEARS	SEPTEMBER 13 **BAKED ZITI** NO MEAT HAS SOY IN ITALIAN RED SAUCE SMOTHERED IN THREE CHEESES, 1/2 C 5- WAY HOT MIXED VEGETABLES (HAS CORN), 1/4 C ITALIAN BREAD, 1 SL CHILLED DICED PEACHES, 3/8 C	
SEPTEMBER 16 STOUFFERS MACARONI & CHEESE W/ WHOLE GRAINS, 1/2 C SWEET TENDER PEAS, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL CHILLED DICED PEARS, 3/8 C	SEPTEMBER 17 SAUTEED POLENTA W/ SWEET PEPPER SAUCE, 1/3 C WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	SEPTEMBER 18 VEGGIE BLACK BEAN CHILI, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL 3-WAY HOT MIXED VEGGIE , 1/4 C CHILLED APPLESAUCE, 3/8 C	SEPTEMBER 19 VEGGIE NUGGETS, 4 EA W/ KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL GREEN BEANS, 1/4 C CHILLED MIXED FRUIT (NO PINEAPPLE), 3/8 C	SEPTEMBER 20 NATURAL CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA NATURAL CHEDDAR CHEESE SLICE , 1 1/2 OZ SWEET YELLOW CORN, 1/4 C CHILLED DICED PEACHES, 3/8 C	
SEPTEMBER 23 LENTIL VEGETABLE STEW W/ CARROTS & PEAS, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL STEAMED GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	SEPTEMBER 24 STIR FRY TOFU, 1/3 C WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	SEPTEMBER 25 CHEDDAR CHEESE SUB SANDWICH, 1/2 EA NATURAL CHEDDAR CHEESE SLICE , 1 1/2 OZ MAYO ON THE SIDE SCANDANAVIAN BLEND, 1/4 C PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS CHILLED DICED PEACHES	SEPTEMBER 26 WHOLE WHEAT SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 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	SEPTEMBER 27 CORN FRITTERS, 2 EA W/ KETCHUP CHEDDAR CHEESE STICK, 1 EA 5- WAY HOT MIXED VEGETABLES (HAS CORN), 1/4 C CHILLED DICED PEACHES, 3/8 C	
SEPTEMBER 30 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C					

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