Sponsor: CHILD CARE RESOURCES, INC. (855) 427-2888

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Monuay	Tucsuay	weunesuay	1 nursuay	1
				Other(WG), Peas, Tropical
				Fruit, Lowfat Milk - 1% Cheeseburger Pasta
				D: Turkey Ground, Brown
				Rice, WG (1oz eq/28
				gm/1/2c)(WG), Peppers,
				Green, Tropical Fruit, Lowfat
				Milk - 1%
				Turkey Dirty Rice
4	5	6	7	8
	L: Beef Ground, Flour	L: Chicken Breasts, Brown	L: Turkey Ground,	L: Beef Ground, Pasta Misc
	Tortillas (1oz eq/28g)(WG),	Rice, WG (1oz eq/28	Cornbread/Corn Muffin - WGR	(WG 1oz eq/28gm/ 1/2c)
	Peppers, Green, Pears,	gm/1/2c)(WG), Peas, Pears,	(1oz/34g)(WG), Tomato	(WG), Mixed Vegetables,
	Lowfat Milk - 1%	Lowfat Milk - 1%	Sauce / Paste, Applesauce,	Mixed Fruit, Lowfat Milk - 1%
			Lowfat Milk - 1%	
	Taco Pie	Arroz Con Pollo	Turkey Chili	Pasta and Meat Sauce
	D: Chicken Breasts, Brown	D: Turkey Ground,	D: Beef Ground, Pasta Misc	D: Beef Ground, Tortillas-
	Rice, WG (1oz eq/28	Cornbread/Corn Muffin - WGR	(WG 1oz eq/28gm/ 1/2c)	Flour (1oz eq/28g)(WG),
	gm/1/2c)(WG), Corn, Pears,	(1oz/34g)(WG), Tomato	(WG), Mixed Vegetables,	Peppers, Green, Pear,
	Lowfat Milk - 1%	Sauce / Paste, Applesauce,	Applesauce, Lowfat Milk - 1%	canned #10, Lowfat Milk - 1%
		Lowfat Milk - 1%		
	Arroz Con Pollo	Turkey Chili	Pasta and Meat Sauce	Taco Pie
L: Eq. (large)	L: Chicken Breasts		L: Beef Ground	L: Turkey Ground Egg
	efficiter Bredete,	L: Chicken Breasts, Brown		
Rolls-WGR(WG), Lettuce	Tortillas- Flour (1oz eq/28g)		Rolls-WGR(WG), Mashed	Noodles (1ozeq/28gm)(WG),
And Tomato, Tropical Fruit,	(WG), Other Beans,	gm/1/2c)(WG), Mixed	Potatoes (100% potatoes),	Mixed Vegetables,
Lowfat Milk - 1%	Applesauce, Lowfat Milk - 1%	5 ,	Mandarin Oranges, #10 can,	Applesauce, Lowfat Milk - 1%
		Oranges, #10 can, Lowfat	Lowfat Milk - 1%	
Roasted Veggie Salad	Chicken Fajitas	Milk - 1% Chicken and Gravy	Meatloaf	Turkey Stroganoff
D: Mozzarella Cheese,	D: Beef Ground, Tortilla	D: Beef Ground,	D: Turkey Ground, Egg	D: Chicken Breasts, Brown
Noodles - Other(WG),	Chips - WGR (1 oz/28g)	Rolls-WGR(WG), Mashed	Noodles (1ozeq/28gm)(WG),	Rice, WG (1oz eq/28
Zucchini Squash, Tropical	(WG), Salsa, Applesauce,	Potatoes (100% potatoes),	Mixed Vegetables,	gm/1/2c)(WG), Mixed
Fruit, Lowfat Milk - 1%	Lowfat Milk - 1%	Mandarin Oranges, #10 can,	Applesauce, Lowfat Milk - 1%	Vegetables, Mandarin
		Lowfat Milk - 1%		Oranges, #10 can, Lowfat
				Milk - 1%
Veggie Lasagna	Beef Nachos	Meatloaf	Turkey Stroganoff	Chicken and Gravy

This institution is an equal opportunity provider.

5			(855) 42 /-2888					
Monday		Tuesday		Wednesday		Thursday		Friday
18	19		20		21		22	
L: Cheddar Cheese, Bre	d	L: Beef Ground, Flour		L: Beef Ground, Buns -	_	L: Chicken Legs,		L: Turkey Ground, Brown
Sticks(WG), Garden Sala	d,	Tortillas (1oz eq/28g)(WG),		Whole Grain (1oz/28g)(WG),		Rolls-WGR(WG), Sweet		Rice, WG (1oz eq/28
Applesauce, Lowfat Mil	-	Lettuce And Tomato,		Mixed Vegetables,		Potatoes/Yams (not as fries),		gm/1/2c)(WG), Broccoli,
	%	Peaches / Nectarines, Lowfat		Applesauce, Lowfat Milk - 1%		Mixed Fruit, Lowfat Milk - 1%		Applesauce, Lowfat Milk - 1%
		Milk - 1%						
Broccoli Cheddar Soup		Beef Tacos		Sloppy Joe		BBQ Chicken Drums		Turkey Stir Fry
			_					
D: Kidney Beans, Nood			D:	Chicken Legs,	D:	Turkey Ground, Brown	D:	Beef Ground, Buns -
- Other(WG), Peppe	· .	Tortillas (1oz eq/28g)(WG),		Rolls-WGR(WG), Sweet		Rice, WG (1oz eq/28		Whole Grain (1oz/28g)(WG),
Green, Applesauce, Low	at	Black Beans, Peaches /		Potatoes/Yams (not as fries),		gm/1/2c)(WG), Broccoli,		Mixed Vegetables,
Milk -	%	Nectarines, Lowfat Milk - 1%		Applesauce, Lowfat Milk - 1%		Mixed Fruit, Lowfat Milk - 1%		Applesauce, Lowfat Milk - 1%
Veggie Goulash	_	Mexican Lasagna		BBQ Chicken Drums		Turkey Stir Fry		Sloppy Joe
25	26		27		28		29	
L: Cheddar Chees	·	L: Turkey Ground, Flour		L: BBQ - Chicken, Buns -	-	L: Beef Ground, Ziti Pasta		L: Turkey Ground, Brown
Macaroni Noodles (1	z	Tortillas (1oz eq/28g)(WG),		Whole Grain (1oz/28g)(WG),		(1oz eq/28gm), Garden Salad,		Rice, WG (1oz eq/28
eq/28g), Mixed Vegetabl	s,	Lettuce And Tomato,		Cole Slaw, Pears, Lowfat Milk		Applesauce, Lowfat Milk - 1%		gm/1/2c)(WG), Peppers,
Applesauce, Lowfat Mi	-	Applesauce, Lowfat Milk - 1%		- 1%				Red, Mixed Fruit, Lowfat Milk
	%							- 1%
Mac and Cheese		Turkey Tacos		BBQ Chicken Sandwich		Baked Ziti		Red Beans and Rice
			-					
D: Chickpeas/Humm		Chicken Ground,	D:	Beef Ground, Ziti	D:	Turkey Ground, Brown	D:	BBQ - Chicken, Buns -
Pita Bread/Naan Bre		Cornbread/Corn Muffin - WGR		Pasta(WG), Garden Salad,		Rice, WG (1oz eq/28		Whole Grain (1oz/28g)(WG),
(1oz/28g), Cucumbe		(1oz/34g)(WG), Black Beans,		Pear, canned #10, Lowfat		gm/1/2c)(WG), Peppers, Red,		Cole Slaw, Mixed Fruit,
fresh, Applesauce, Low		Applesauce, Lowfat Milk - 1%		Milk - 1%		Applesauce, Lowfat Milk - 1%		Lowfat Milk - 1%
Milk -	%							
Pita and Hummus		Tamale Pie		Baked Ziti		Red Beans and Rice		BBQ Chicken Sandwich