

HERNDON MONTESSORI		SEPTEMBER 2010			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<u>SEPTEMBER 1</u>  SUMMER  BREAK!!	<u>SEPTEMBER 2</u>  SUMMER  BREAK!!	<u>SEPTEMBER 3</u>  SUMMER  BREAK!!	
<u>SEPTEMBER 6</u>  LABOR DAY  HOLIDAY !!	<u>SEPTEMBER 7</u> BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA POTATO CHIPS, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	<u>SEPTEMBER 8</u> ITALIAN TURKEY MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	<u>SEPTEMBER 9</u> NACHO MEAT, 1 OZ ( BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1/2 OZ TORTILLA CHIPS, 1/4 C CARROT COINS, 1/4 C APPLE SAUCE, 3/8 C	<u>SEPTEMBER 10</u> SCHOOL PIZZA DAY	
<u>SEPTEMBER 13</u> TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	<u>SEPTEMBER 14</u> LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C	<u>SEPTEMBER 15</u> MACARONI & CHEESE, 1/2 C GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	<u>SEPTEMBER 16</u> TURKEY CORN DOG NUGGETS, 4 EA W/ CATSUP TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> SWEET TENDER PEAS	<u>SEPTEMBER 17</u> SCHOOL PIZZA DAY	
<u>SEPTEMBER 20</u> LEAN BEEF HAMBURGER PATTY, 1 EA ON A ROLL W/ CATSUP GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	<u>SEPTEMBER 21</u> HAWAIIAN TURKEY MEATBALLS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	<u>SEPTEMBER 22</u> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA MULTI GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	<u>SEPTEMBER 23</u> TURKEY MEATBALLS & GRAVY, 3 EA SWEET TENDER PEAS, 1/4 C FRESH ORANGE WEDGES, 2 PCS	<u>SEPTEMBER 24</u> SCHOOL PIZZA DAY	
<u>SEPTEMBER 27</u> CHICKEN ALFREDO, 1/2 C PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREST OF CHICKEN GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	<u>SEPTEMBER 28</u> CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 1 EA WHOLE WHEAT BREAD, 1/2 SL CARROT COINS, 1/4 C APPLE SAUCE	<u>SEPTEMBER 29</u> SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA BRN WHL GRAIN RICE, 1/4 C SWEET TENDER PEAS, 1/4 C PINEAPPLE TIDBITS, 3/8 C	<u>SEPTEMBER 30</u> WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE, 1/2 C TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA		

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