

# VISIONS & DREAMS LEARNING CENTER

## LEFTY'S BARBECUE



### CACFP SEPTEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 1oz/1.5oz Barbecue Turkey Meatballs .25c/.50c Mixed Vegetables .25c/.50c Oven Baked Tater Tots .5sl Whole Wheat Dinner Roll .25c/.50c WF Pears
4 CENTER CLOSED	5 1oz/1.5oz Stir Fry Chicken .5sl WG Noodles .25c/.50c String beans .25c WG Wheat Bread .25c/.50c WF Pears	6 1oz/1.5oz Chicken Alfredo pasta .25c/.50c Spinach .5sl Whole Wheat Dinner Roll .25c/.50c WF Oranges	7 1oz/1.5oz Fire-Grilled Cheeseburger .25c/.50c Oven Baked Crinkle French Fries .25c/.50c Steamed Carrots .5sl Whole Wheat Bun .25c/.50c WF Tropical Fruit	8 1oz/1.5oz Ground Turkey Spaghetti .25c/.50c Corn on the cob .5sl Whole Wheat Noodles .25c/.50c WF Peaches
11 1oz/1.5oz Chicken Nuggets .25c/.50c Green Beans .5sl WG Dinner Roll .25c/.50c WF Pears	12 1oz/1.5oz Mac & Cheese Pasta .25c/.50c Mixed Vegetables .5sl WG Dinner Roll .25c/.50c WF Tropical Fruit	13 1oz/1.5oz Soft Shell Turkey Taco .25c/.50c Seasoned baked beans .25c/.50c Shredded Lettuce .25c/.50c Shredded Cheese .5sl Whole Grain Tortilla .25c/.50c WF Mandarin Oranges	14 1oz/1.5oz Sweet & Sour Chicken .25c/.50c Steamed Broccoli .25c/.50c Steamed Brown Rice .25c/.50c WF Pineapples	15 1oz/1.5oz Breaded Chicken Patty .25c/.50c Salad .25c/.50c Tomatoes .25c/.50c Whole Wheat Burger Bun .25c/.50c Peaches
18 1oz/1.5oz Chicken Nuggets .25c/.50c Baby Carrots .5sl WG Roll .25c/.50c WF Strawberries	19 1oz/1.5oz Fish Sticks .25c/.50c Mexican Corn .5sl WG Wheat Bread .25c/.50c WF Tropical Fruit	20 1oz/1.5oz Lasagna Pasta .25c/.50c Ground Turkey .25c/.50c Spinach .25c/.50c Shredded Cheese .5sl Whole Wheat Bun .25c/.50c Pears	21 1oz/1.5oz Rice, bean & cheese Fajitas .25c/.50c Brown Rice .25c/.50c Black Bean .25c/.50c Cheese .5sl Flour Fajitas .25c/.50c WF Sliced Apples	22 1oz/1.5oz Hickory Smoked Chicken BBQ .25c/.50c Oven Baked Tater Tots .25c/.50c House-Made Coleslaw .5sl Whole Wheat Bun .25c/.50c WF Peaches
25 1oz/1.5oz Turkey & Cheese Sandwich .25c/.50c Baby Carrots .5sl WG Wheat Bread .25c/.50c WF Tropical Fruit	26 1oz/1.5oz Chicken Nuggets .25c/.50c Green Beans .5sl WG Roll .25c/.50c WF Diced Pears	27 1oz/1.5oz Chicken Parmesan Rotini .25c/.50c Steamed Broccoli .25c/.50c Whole Grain Rotini .25c/.50c WF Pineapples	28 1oz/1.5oz Roasted Chicken .25c/.50c Brown Rice .25c/.50c Pinto Beans .25c/.50c Mixed Vegetables .25c/.50c WF Apples	29 1oz/1.5oz Grilled Chicken .25c/.50c Caesar Salad .25c/.50c Whole Grain Crackers .25c/.50c WF Mandarin Oranges

\*All items are subject to change according to USDA guidelines;

\*Fresh fruits and vegetables are served daily and are at least 1 cup per serving and all grain/bread products are whole grain;

\*Each meal includes 1% Unflavored, Skim milk and/or Flavored Skim milk that are free of artificial hormones and antibiotics;

\*Children 12-24 months will receive Whole Unflavored milk;

\*Local Distributor – Harrisburg Dairies PO Box 2001 Harrisburg, PA 17105-2001 1-800-692-7429;

\*Practices Sustainable Agriculture as described in the Healthy Schools Act;

\*Vegetarian meals are served weekly and dairy free items are available as needed;

\*Alternative items are available to substitute seafood products;

\*Veggie Egg Rolls contain cabbage and carrots; Also Mixed Green Salad is made up of Iceberg/Romaine Lettuce and Baby Spinach;

\*Fruits are locally grown at H&D Farms in Gettysburg, PA 17325 and are subject to change according to availability and season;

\*Menus are in accordance to the SMBP, SMLP, HSA, CACFP and NSLP effective July 1, 2013.

\* (\*) = 12-24 Month toddlers will receive age appropriate fruits and vegetables in accordance with CACFP regulations.