

Monday, September 2, 2024	Tuesday, September 3, 2024	Wednesday, September 4, 2024	Thursday, September 5, 2024	Friday, September 6, 2024
NO SCHOOL	<p>Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c</p> <p>TODS & TWOS Sweet Tender Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Vegan Meatballs in Vegan Gravy, 2ea</p>	<p>NAE WG Chicken Nuggets, 3ea Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4ea</p> <p>TODS & TWOS Mandarin Oranges, 3/8c</p> <p>VEG: Macaroni & Cheese, 1/2c Morningstar Veggie Nuggets, 3ea</p>	<p>Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c</p> <p>VEG: Black Beans, 1/2c & WG Brown Rice w/Cauliflower, 1/3c</p>	<p>Chicken Meatball Sub **Chicken Meatballs, 3ea; Hot Dog Roll, 1ea** Shredded Mozzarella, 1/2oz Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8c</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz</p>
<p>Monday, September 9, 2024 NAE WG Chicken Nuggets, 5ea Ruffles Chips, 1/4c Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c</p> <p>TODS & TWOS Goldfish, 1/4c</p> <p>VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz</p>	<p>Tuesday, September 10, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c</p> <p>VEG: Veg Black Bean Chili, 1/2c</p>	<p>Wednesday, September 11, 2024 NAE GF Chicken Tender, 3ea Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4ea</p> <p>TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8c</p> <p>VEG: Refried Beans, 1/2c w/ Shred Cheese, 1/2oz on side</p>	<p>Thursday, September 12, 2024 WG Spaghetti w/ Beef & Lentil Marinara, 1/2c Shredded Mozzarella, 1/2oz 100% Whole Wheat Bread, 1/2sl Baby Spinach, 1/2c Ranch Banana, 1/2ea</p> <p>TODS & TWOS Sweet Tender Peas, 1/4c</p> <p>VEG: WG Spaghetti Marinara, 1/2c w/ Shred Mozzarella, 1/2oz</p>	<p>Friday, September 13, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4ea</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8c</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, September 16, 2024 Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz</p>	<p>Tuesday, September 17, 2024 NAE WG Chicken Nuggets, 3ea Macaroni & Cheese, 1/2c Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2ea</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Macaroni & Cheese, 1/2c Morningstar Veggie Nuggets, 3ea</p>	<p>Wednesday, September 18, 2024 Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8c</p> <p>TODS & TWOS Wheat Dinner Roll, 1ea Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta, 1/4c</p>	<p>Thursday, September 19, 2024 Italian Beef Meatball Sub, 1/2ea **Italian Beef Meatballs, 3ea; Sub Roll, 1/2ea** Shredded Mozzarella Cheese, 1/2oz (1Tbsp) Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c</p> <p>VEG: Italian Veggie Meatballs, 2ea Sub, 1/2ea</p>	<p>Friday, September 20, 2024 Cheese Pizza, 1sl Mixed Greens Salad, 1/2c Ranch Orange Wedges, 4ea</p> <p>TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8c</p> <p>VEG: Cheese Pizza, 1sl</p>
<p>Monday, September 23, 2024 Teriyaki Diced Chicken, 1/3c Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Mixed Peaches & Pears in Juice, 3/8c</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta, 1/4c</p>	<p>Tuesday, September 24, 2024 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c</p> <p>TODS & TWOS Steamed Green Beans, 1/4c Applesauce, 3/8c</p> <p>VEG: Veg Slider on Bun, 1ea w/ Shred Cheese, 1/2oz on side</p>	<p>Wednesday, September 25, 2024 Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Chickenless Fajita Strips, 1/3c</p>	<p>Thursday, September 26, 2024 WG Buttermilk Pancake, 1ea w/ Chicken Sausage, 1ea Syrup Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4ea</p> <p>TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8c</p> <p>VEG: Morningstar Veggie Sausage, 1ea</p>	<p>Friday, September 27, 2024 Meatless Baked Ziti, 1/2c **WG Pasta, Marinara, 3 Cheese, Soy, 1/2c** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1ea Pears in Juice, 3/8c</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, September 30, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c</p> <p>TODS & TWOS Sweet Tender Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Vegan Meatballs in Vegan Gravy, 2ea</p>	<p>Tuesday, October 1, 2024</p>	<p>Wednesday, October 2, 2024</p>	<p>Thursday, October 3, 2024</p>	<p>Friday, October 4, 2024</p>

Portions meet CACFP requirements:
3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit)
6-12 years - 8oz milk required w/each meal, Portions 2oz meat/meat alternative, 1/2 c vegetable and 1/4 c fruit (we serve 1/2c veg, 1/2 c fruit)

GF = Gluten Free may contain egg & or milk
WG = Whole Grain

To see your Nutrilisce Menu go to ffsfood.com. Customers, Menus, scroll to find your schools name OR click link:

<https://ffschildcarecenters.nutrilisce.com/>

<https://tysonscomerchildrenscenter.nutrilisce.com/>

"This institution is an equal opportunity provider"