

LBCC Child Development Center Menu
September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	4 AM Cereal w/ Milk Lunch Chicken Tenders Baked Chicken Tenders (3 Pc) Potato Wedges (1/4 Cup) Ketchup Fruit, Milk (6 fl oz) PM Crackers w/ Milk	5 AM Cereal w/ Milk Lunch Turkey Bolognese Ground Turkey (1/4 Cup) Tomato Sauce (1/4 Cup) Wheat Penne in Sauce (1/4 Cup) Green Peas (1/4 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	6 AM Cereal w/ Milk Lunch Sloppy Joes Seasoned Ground Beef (1/3 Cup) Wheat Hamburger Bun (1 Bun) Mixed Vegetables (1/4 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	7 AM Cereal w/ Milk Lunch Turkey Sandwich (Deli Turkey (3 oz), Wheat bread (2 Sl) Celery Sticks (1/4 Cup) Ranch/Mayo/Mustard Fruit, Milk (6 fl oz) PM Crackers w/ Milk
10 AM Cereal w/ Milk Lunch Grilled Chicken Burger Grilled Chicken Patty (1 Patty) Wheat Hamburger Bun (1 Bun) Tater Tots (1/4 Cup) Ketchup & Mustard Fruit, Milk (6 fl oz) PM Crackers w/ Milk	11 AM Cereal w/ Milk Lunch Southwest Chicken Seasoned Baked Chicken (1/4 Cup) Wheat bread (1/2 Sl) Mashed Potatoes (1/4 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	12 AM Cereal w/ Milk Lunch Penne Alfredo Wheat Penne Pasta (1/3 Cup) Chicken (1/4 cup) w/ Alfredo Sauce Broccoli (1/4 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	13 AM Cereal w/ Milk Lunch Beef Nachos Seasoned Ground Beef (1/4 Cup) Refried Beans (1/4 Cup) Shredded Cheese (1 TBSP) Tortilla Chips (1/2 Cup) Fruit, Milk (6 fl oz) PM Snack Crackers w/ Milk	14 AM Cereal w/ Milk Lunch Turkey & Cheese Hoagie Deli Turkey (2 oz), Swiss Cheese (1 Sl) Wheat Hoagie (1 Ea) Carrot Sticks (1/4 cup) Ranch/Mayo/Mustard Fruit, Milk (6 fl oz) PM Crackers w/ Milk
17 AM Cereal w/ Milk Lunch Beef & Bean Burrito Seasoned Ground Beef (1/4 Cup) Refried Beans (1/4 Cup) Wheat Tortilla (1 Ea) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	18 AM Cereal w/ Milk Lunch Spaghetti w/ Turkey Sauce Ground Turkey in Tomato Sauce (1/2 Cup) Whole Wheat Spaghetti (1/4 Cup) Diced Carrots (1/4 Cup) Fruit, Milk PM Crackers w/ Milk	19 AM Cereal w/ Milk Lunch Teriyaki Chicken Bowl Teriyaki Chicken (1/4 cup) Steamed Brown Rice (1/4 Cup) Broccoli (1/4 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	20 AM Cereal w/ Milk Lunch Beef Fajitas Beef Fajitas (1/3 Cup) Corn Tortilla (1 Ea) Pinto Beans(1/4 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	21 AM Cereal w/ Milk Lunch Turkey & Cheese Sandwich Deli Turkey (2 oz), Swiss Cheese (1 Sl) Wheat Bread (2 Sl) Celery Sticks (1/4 Cup) Ranch/Mayo/Mustard Fruit, Milk (6 fl oz) PM Crackers w/ Milk
24 AM Cereal w/ Milk Lunch Chicken Tenders Baked Chicken Tenders (3 Pc) Potato Wedges (1/4 Cup) Ketchup Fruit, Milk (6 fl oz) PM Crackers w/ Milk	25 AM Cereal w/ Milk Lunch Beefy Mac & Cheese Seasoned Ground Beef (1/4 Cup) Whole Wheat Penne Noodles (1/4 Cup) Broccoli (1/4 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	26 AM Cereal w/ Milk Lunch Bean & Cheese Tostada Refried Beans (1/4 Cup) Shredded Cheese (1 TBSP) Tostada Shell (1 Ea) Shredded Lettuce (1/2 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk	27 AM Cereal w/ Milk Lunch BBQ Chicken Seasoned Baked Chicken (1/3 Cup) Corn Muffin (1 Ea) Mashed Potatoes (1/4 Cup) Fruit, Milk (6 fl oz) PM Crackers w/ Milk National Potato Month	28 AM Cereal w/ Milk Lunch Turkey Sandwich Deli Turkey (2 oz), Wheat Bread (2 Sl) Carrot Sticks (1/4 Cup) Ranch/Mayo/Mustard Fruit, Milk (6 fl oz) PM Crackers w/ Milk
				<p>- USDA is an Equal opportunity Provider and Employer - Menu is subject to change - Milk is low fat.</p> 

The Child and Adult Care Food Program is a component of the USDA and administered by The California Department of Education, Nutrition Services Division.
 CDC news, announcements, menu's, etc. are always available on our website: <http://childrencenter.lbcc.edu>