



September 2023 CACFP



MENU

Hot Meal

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5					1
4	MONDAY 4 Holiday Foodlink Closed	TUESDAY 5 Turkey Goulash WGR Pasta* Tomato sauce, diced peppers Orange 1% Milk Butter	WEDNESDAY 6 BBQ Chicken Thighs WGR Roll* Baked Beans Banana 1% Milk	THURSDAY 7 Meatball Sandwich* Whole Grain Bun* Corn Apple 1% Milk/Fat Free Chocolate Milk	FRIDAY 8 Cheesy Beef-N-Hash Whole Grain Roll* Homefries Apple 1% Milk Butter
5	MONDAY 11 Smothered Steakburger WGR Roll* Corn Apple 1% Milk Butter	TUESDAY 12 Cheeseburger Sliders* Whole Grain Bun* BBQ Home Fries Orange 1% Milk	WEDNESDAY 13 Orange Chicken Brown Rice* Peppers, broccoli Banana 1% Milk Butter	THURSDAY 14 Buffalo Chicken Mac & Cheese* WGR Pasta* Broccoli Apple 1% Milk/Fat Free Chocolate Milk	FRIDAY 15 Braised Chicken Thighs Spanish Rice and Beans* Tomato sauce Apple 1% Milk Butter
6	MONDAY 18 Hearty Chicken & Potato Stew Whole Grain Biscuit* Lima beans, carrots in stew Apple 1% Milk	TUESDAY 19 Pulled BBQ Beef WGR Bun* Corn Oranges 1% Milk	WEDNESDAY 20 Mac & Cheese Special* WGR Pasta* Corn & Broccoli Banana 1% Milk	THURSDAY 21 Meatball Stroganoff Brown Rice* Peas & Carrots Apple 1% Milk/Fat Free Chocolate Milk	FRIDAY 22 Southern Style Sausage & Gravy Whole Grain Biscuit* Sweet Potato Hash* Apple 1% Milk
1	MONDAY 25 Beef Stew Whole Grain Biscuit* Carrots, beans, peas in stew Apple 1% Milk Butter	TUESDAY 26 Turkey Goulash WGR Pasta* Tomato sauce with diced tomatoes Oranges 1% Milk Butter	WEDNESDAY 28 BBQ Chicken Thighs WGR Roll* Baked Beans Banana 1% Milk	THURSDAY 29 Meatball Sandwich WGR Bun* Corn Apple 1% Milk/Fat Free Chocolate Milk	FRIDAY 30 Cheesy Beef-N-Hash Whole Grain Roll* Homefries Apple 1% Milk Butter

***designates a whole grain rich product**



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