

COLD MEALS through the 6th

HOT MEALS beginning the 9th

MENU

September 2024 CACFP



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	CLOSED	Roasted Turkey Sandwich WW Bread* Sliced Cucumbers Apple 1% Milk	Zingy Chicken Fajita WW Tortilla* Grape Tomatoes Banana 1% Milk	Garden Pesto Chicken Wrap WW Tortilla* Broccoli Pineapple Tidbits 1% Milk	Roast Beef Quesadilla WW Tortilla* Black-eyed pea Corn Salad Apple 1% Milk
5	Beef Pasta Bolognese WGR Pasta* Baby Carrots Applesauce 1% Milk	Arroz Con Pollo (Chicken Thighs) WGR Rice* Green Beans Orange 1% Milk	Philly Cheese Steak (Beef) WGR Bun* Peppers & Mushrooms Banana 1% Milk	Chicken Parmesan Pasta WGR Pasta* Green Salad Apple 1% Milk/Fat Free Chocolate Milk	Italian Chicken & Rice WGR Rice* Spinache and Peppers Apple 1% Milk
6	Pizza Sloppy Joe (Ground Beef) WGR Bun* Baby Carrots Applesauce 1% Milk	Penne and Beef Meatballs WGR Pasta* Green Salad Orange 1% Milk	Chicken Fajita WGR Rice* Peppers, Onions Banana 1% Milk	Chicken Broccoli Alfredo WGR Pasta* Broccoli Apple 1% Milk/Fat Free Chocolate Milk	Cheesy Beef & Hash WGR Roll* Homefries Apple 1% Milk
1	Beef Chili WGR Biscuit* Tomatoes, Peppers, Beans Mandarin Oranges 1% Milk	Turkey Goulash WGR Pasta* Tomato sauce with diced tomatoes Oranges 1% Milk	BBQ Chicken Thighs WGR Roll* Baked Beans Banana 1% Milk	Cheesy Beef-N-Hash WGR Roll* Homefries Apple 1% Milk/Fat Free Chocolate Milk	Meatball Sandwich WGR Bun* Corn Apple 1% Milk
2	Sloppy Joe (Ground Beef) WGR Bun* Baby Carrots Mixed Fruit Cup 1% Milk				

Foodlink Community Kitchen

2011 Mt. Read Blvd., Rochester, NY 14615

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*designates a whole grain rich product

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