

## Water of Life Preschool & Childcare

WATER - FAM LK

September 2 <b>NO SERVICE</b>  LABOR DAY	September 3 <b>Chicken Fingers (4ea)</b>  Mixed Vegetables (1/4c) Tropical Fruit (1/4c) Ketchup	September 4 <b>Chili Mac (Beef) (1/2c)</b>  Corn (1/4c) Orange Slices (2ea)	September 5 <b>Crispy Chicken Sandwich (1ea)</b>  Golden Corn & Carrots (1/4c) Banana (1ea) Hamburger Bun (1ea) Ketchup	September 6 <b>Hawaiian Meatballs (2ea)</b>  Tossed Salad (1/4c) Pineapple (1/4c) Multi-Grain Rice (1/4c) Ranch Dressing
September 9 <b>Spaghetti w/Beef (1/2c)</b>  Sweet Peas (1/4c) Apple Slices (1ea)	September 10 <b>Turkey Hot Dog (1ea)</b>  Carrot Coins (1/4c) Peaches (1/4c) Hot Dog Bun (1ea) Ketchup	September 11 <b>Beef &amp; Bean Burrito (1ea)</b>  Mixed Vegetables (1/4c) Banana (1ea)	September 12 <b>BBQ Meatballs (2ea)</b>  Mashed Potatoes (1/4c) Pears (1/4c)	September 13 <b>Teriyaki Chicken (1/4c)</b>  Cucumber Slices (1/4c) Mandarin Oranges (1/4c) Multi-Grain Rice (1/4c) Ranch Dressing
September 16 <b>Macaroni &amp; Cheese (1/2c)</b>  Green Beans (1/4c) Tropical Fruit (1/4c)	September 17 <b>Roasted Chicken Bites (1/4c)</b>  Tossed Salad (1/4c) Banana (1ea) Confetti Rice (1/4c) Ranch Dressing	September 18 <b>Baked Ziti (V) (1/4c)</b>  Mixed Vegetables (1/4c) Orange Slices (2ea)	September 19 <b>Beef Hamburger (1ea)</b>  Cucumber Slices (1/4c) Pineapple (1/4c) Hamburger Bun (1ea) Ranch Dressing/Ketchup	September 20 <b>BBQ Chicken Sandwich (1/4c)</b>  Golden Corn & Carrots (1/4c) Apple Slices (1ea) Hamburger Bun (1ea) Ketchup
September 23 <b>Butter Pasta w/Chicken (1/2c)</b>  Mixed Vegetables (1/4c) Mandarin Oranges (1/4c)	September 24 <b>Monterey Chicken Casserole (1/2c)</b>  Carrot Coins (1/4c) Peaches (1/4c)	September 25 <b>Beef Hamburger (1ea)</b>  Corn (1/4c) Apple Slices (1ea) Hamburger Bun (1ea) Ketchup	September 26 <b>Chicken Drumsticks (4ea)</b>  Green Beans (1/4c) Banana (1ea) Ketchup	September 27 <b>Chicken &amp; Rice Casserole (3/4c)</b>  Sweet Peas (1/4c) Pears (1/4c)
September 30 <b>Meatballs in Marinara (2ea)</b>  Golden Corn & Carrots (1/4c) Apple Slices (1ea) Dinner Roll (1ea)				

Portions meet or exceed USDA CACFP & California Title 22 guidelines for 2-6 year olds when consumed with 6oz of 1% Milk.

(V) = Vegetarian

714.751.8500 Tel

714.751.8600 Fax

[www.cater tots.com](http://www.cater tots.com)

## HAVE A WONDERFUL DAY!