



# September 2020

## Durham County CCSA Meals

Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old

Canned fruits are packed in juice.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>Rice chex*, pineapple tidbits, milk</p> <p>Baked spaghetti* w/cheese &amp; tomatoes, French bread*, green beans, milk</p> <p>Cheez-its, apples (oranges)</p>	<p><b>2</b></p> <p>Pancakes*/kix*, applesauce, milk</p> <p>Sweet &amp; sour chicken w/pineapple &amp; peppers, brown rice, broccoli, milk</p> <p>String cheese, watermelon wedges</p>	<p><b>3</b></p> <p>Biscuits* w/jelly, bananas, milk</p> <p>Vegetarian chili w/beans, tomatoes &amp; peppers, hush puppies, apple wedges (oranges), milk</p> <p>Chicken salad, crackers</p>	<p><b>4</b></p> <p>Banana muffin squares*, apricot halves, milk</p> <p>Meatloaf, French bread*, Yukon Gold mashed potatoes, corn, milk</p> <p>Animal crackers, fresh pears</p>
<p><b>7</b></p> 	<p><b>8</b></p> <p>Crispy rice, diced pears, milk</p> <p>Spaghetti* w/ meat sauce &amp; tomatoes, French bread*, broccoli, milk</p> <p>Homemade Chex mix, apples (pears)</p>	<p><b>9</b></p> <p>Waffles*/cornflakes, applesauce, milk</p> <p>Arroz con queso (rice* w/cheese &amp; beans), corn, fruit cup w/pineapple and melon, milk</p> <p>Lemon poppy seed muffin squares*, mandarin oranges</p>	<p><b>10</b></p> <p>Bagels (mini bagels)*w/jelly, diced peaches, milk</p> <p>Chicken &amp; noodles*, peas, carrots, milk</p> <p>Pretzel rolls w/egg salad</p>	<p><b>11</b></p> <p>Bran flakes*, bananas, milk</p> <p>Bean &amp; cheese dip, tortilla chips* (saltines), cabbage, apple wedges (oranges), milk</p> <p>Graham crackers w/ sunbutter, pineapple tidbits</p>
<p><b>14</b></p> <p>Special k original, oranges, milk</p> <p>Fagioli Bowl (pasta* w/white beans, tomatoes &amp; spinach), breadsticks*, sliced pears, milk</p> <p>Goldfish*, trop. fruit w/papaya &amp; pineapple</p>	<p><b>15</b></p> <p>Pancakes*/rice chex, applesauce, milk</p> <p>Spanish rice* w/beef, green beans, mango, milk</p> <p>String cheese, apples (oranges)</p>	<p><b>16</b></p> <p>Spiced applesauce muffin squares*, watermelon, milk</p> <p>Chicken salad, saltine crackers, 3 bean salad, diced peaches, milk</p> <p>Teddy grahams, sunflower butter</p>	<p><b>17</b></p> <p>Kix*, diced pears, milk</p> <p>Breaded fish filets [tartar sauce], brown rice*, pineapple tidbits, peas, milk</p> <p>Yogurt, bananas</p>	<p><b>18</b></p> <p>Toasted oats cereal*, mandarin oranges, milk</p> <p>Cheese sandwiches*, Minestrone soup w/ beans, tomatoes &amp; carrots, bananas, milk</p> <p>Granola muffin squares*, diced peaches</p>
<p><b>21</b></p> <p>Corn Chex cereal*, oranges, milk</p> <p>Tuna melts on English muffins*, cucumber coins, diced pears, milk</p> <p>Yogurt with graham crackers</p>	<p><b>22</b></p> <p>French toast/crispy rice, sliced peaches, milk</p> <p>Beef Sloppy Joes on slider bun*, lima beans, corn, milk</p> <p>Pumpkin muffin squares*, bananas</p>	<p><b>23</b></p> <p>English muffins* w/sunflower butter, sliced grapes, milk</p> <p>Black bean, cheese &amp; corn tortilla* casserole, carrot salad w/raisins (carrots), pineapple tidbits, milk</p> <p>Cheez-its, oranges</p>	<p><b>24</b></p> <p>Oatmeal muffin squares*, pears, milk</p> <p>Bar-b-q chicken drumsticks, breadsticks*, corn, creamed spinach, milk</p> <p>American cheese, saltine crackers</p>	<p><b>25</b></p> <p>Cornflakes*, bananas, milk</p> <p>Cheese pizza, mixed greens salad w/carrots (cabbage) [Italian], pickled beets, milk</p> <p>White bean dip, pita wedges*</p>
<p><b>28</b></p> <p>Toasted oats*, oranges, milk</p> <p>Sunflower butter, pretzel rolls, butternut squash soup, diced pears, milk</p> <p>Homemade Chex mix, sliced peaches</p>	<p><b>29</b></p> <p>Biscuits* w/honey, mandarin oranges, milk</p> <p>Fish tacos* w/cheese, lettuce/tomato (cabbage), mango, milk</p> <p>String cheese, graham crackers</p>	<p><b>30</b></p> <p>Orange muffin squares*, applesauce, milk</p> <p>Sweet potato &amp; black bean chili with beef, cornbread*, pineapple tidbits, milk</p> <p>Animal crackers, melon wedges</p>		

This is an equal opportunity institution.