Center: Starling International Child Care & Le (804) 346-2000	earning Complex	Monthly Menu Plan (Non-Infant) Month of: September 2024	-	Sponsor: CHILD CARE RESOURCES INC. (855) 427-2888
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	L: Beef Ground, Flour	L: Turkey Ground, Noodles -	L: Chicken Breasts, Brown	L: Egg (large), Rolls-100%
	Tortillas (1oz eq/28g)(WG),	Other(WG), Mixed	Rice, WG (1oz eq/28	Whole Wheat(WG), Garden
	Potatoes, fresh, all sizes,	Vegetables, Mixed Fruit,	gm/1/2c)(WG), Mixed	Salad, Applesauce, Lowfat
	Pineapple, Lowfat Milk - 1%	Lowfat Milk - 1%	Vegetables, Applesauce,	Milk - 1%
			Lowfat Milk - 1%	
	Charizo beef & potato tacos	Turkey Stroganoff	Curry Chicken	Garden salad
	D: Chicken Breasts, Brown	D: Chicken Breasts, Brown	D: Egg (large), Rolls -	D: Turkey Ground, Noodles -
	Rice, WG (1oz/28g)(WG),	Rice, WG (1oz eq/28	Wheat(WG), Garden Salad,	Other(WG), Mixed
	Corn, canned (#10),	gm/1/2c)(WG), Mixed	Mandarin Oranges, #10 can,	Vegetables, Applesauce,
	Pineapple, Lowfat Milk - 1%	Vegetables, Mixed Fruit,	Lowfat Milk - 1%	Lowfat Milk - 1%
		Lowfat Milk - 1%		
	Mexican Rice	Curry Chicken	garden salad	Turkey Stroganoff
9	10	11	12	13
L: Cheddar Cheese,	L: Chicken Breasts, Brown	L: Beef Ground, Rolls-100%	L: Turkey Ground, Macaroni	L: Chicken Breasts, Pie
Rolls-WGR(WG), Garden		Whole Wheat(WG), Mashed	Noodles (1oz eq/28g)(WG),	Crust, Meat Pies Only(WG),
Salad, Mandarin Oranges,	Baked Beans, Applesauce,	Potatoes (100% potatoes),	Mixed Vegetables,	Mixed Vegetables, Mandarin
#10 can, Lowfat Milk - 1%	Lowfat Milk - 1%		Applesauce, Lowfat Milk - 1%	Oranges, #10 can, Lowfat
		Lowfat Milk - 1%		Milk - 1%
Roasted Veg Salad	Burrito Bowl	meatloaf	Chili Mac	Chic pot pie
D: Mozzarella Cheese,	D: Beef Ground, Tortilla	D: Turkey Ground, Pasta	D: Chicken Breasts, Pie	D: Beef Ground, Rolls-100%
Noodles - Other, Broccoli,	Chips - WGR (1 oz/28g)	Misc (WG 1oz eq/28gm)	Crust, Meat Pies Only, Mixed	Whole Wheat(WG), Mashed
Applesauce, Lowfat Milk -	(WG), Black Beans, Fruit	(WG), Mixed Vegetables,	Vegetables, Applesauce,	Potatoes (100% potatoes),
1%	Cocktail (no syrup), Lowfat	Tropical Fruit, Lowfat Milk -	Lowfat Milk - 1%	Mandarin Oranges, #10 can,
	Milk - 1%	1%		Lowfat Milk - 1%
Veggie Alfredo	Beef nacho	Chili Mac	Chic Pot Pie	Meatloaf

Center: Starling International Child Care & Le (804) 346-2000	arning Complex	Monthly Menu Plan (Non-Infant) Month of: September 2024		Sponsor: CHILD CARE RESOURCES INC. (855) 427-2888
Monday	Tuesday	Wednesday	Thursday	Friday
16 L: Cheddar Cheese Brown	17 L: Turkey Ground Tortilla	18	19 L: Cheddar Cheese Bolls -	20
		L: Chicken Breasts, Pasta		L: Turkey Ground,
Rice, WG (1oz/28g)(WG),	Chips - WGR (1 oz/28g)	· · · ·	Wheat, Garden Salad,	Rolls-100% Whole
Broccoli, Mixed Fruit, Lowfat	(WG), Black Beans,	1/2c)(WG), Mixed	Applesauce, Lowfat Milk - 1%	Wheat(WG), Mashed
Milk - 1%	- J , ,	Vegetables, Tropical Fruit,		Potatoes (100% potatoes),
Broccoli Casserole	Lowfat Milk - 1% Frito Pie	Lowfat Milk - 1% Honey garlic Chicken	Salad	Pineapple, Lowfat Milk - 1% _{Salisbury Steak}
D: Cheddar Cheese, Pasta	D: Beef Ground, Corn	D: Cheddar Cheese,	D: Turkey Ground,	D: Chicken Breasts, Pasta
Misc (WG 1oz eq/28gm/	Tortillas (1oz/28g), Salsa,	Rolls-WGR(WG), Garden	Rolls-100% Whole	Misc (WG 1oz eq/28gm/
1/2c)(WG), Mixed	Mandarin Oranges, #10 can,	Salad, Pineapple, Lowfat Milk	Wheat(WG), Mashed	1/2c)(WG), Mixed
Vegetables, Mixed Fruit,	Lowfat Milk - 1%	- 1%	Potatoes (100% potatoes),	Vegetables, Pineapple,
Lowfat Milk - 1%			Peaches / Nectarines, Lowfat	Lowfat Milk - 1%
			Milk - 1%	
Tomato Basil Pasta	Beef Tacos	Salad	Salisbury Steak	Honey Garlic Chicken
23	24	25	L: Beef Ground Buns -	27
L: American Cheese	L: Beef Ground, Tortilla	L: Chicken Breasts, Brown	Bool Oroana, Bano	L: Turkey Ground, Ziti
(100% cheese), Wheat	Chips - WGR (1 oz/28g)	· · · ·	Whole Wheat WG (1oz/28g)	
Bread (1oz/28g)(WG),	(WG), Garden Salad,	gm/1/2c)(WG), Mixed	(WG), Mixed Vegetables,	Vegetables, Pineapple,
Tomato Soup, Mixed Fruit,	Applesauce, Lowfat Milk - 1%	• • • • •	Peaches / Nectarines, Lowfat	Lowfat Milk - 1%
Lowfat Milk - 1% Soup & Grilled Cheese	Taco Salad	Lowfat Milk - 1% Chicken & Gravy		Baked Ziti
Soup & Gniled Cheese		Chicken & Gravy	Sloppy Joe	Baked Ziti
D: Cheddar Cheese, Elbow	D: Chicken Breasts, Brown	D: Beef Ground, Hamburger	D: Turkey Ground, Ziti	D: Chicken Breasts, Brown
Pasta (1oz eq/28gm/1/2c)	Rice, WG (1oz eq/28	Buns (1oz eq/28g)(WG),	Pasta(WG), Mixed	Rice, WG (1oz eq/28
(WG), Mixed Vegetables,	gm/1/2c)(WG), Black Beans,	Mixed Vegetables,	Vegetables, Peaches /	gm/1/2c)(WG), Mixed
Mixed Fruit	Applesauce, Lowfat Milk - 1%	Applesauce, Lowfat Milk - 1%	Nectarines, Lowfat Milk - 1%	Vegetables, Pineapple,
				Lowfat Milk - 1%
Mac & Cheese, Mixed Veg	Arroz Con Pollo	Sloppy Joe	Baked Ziti	Chicken & Gravy
30				
L: Cheddar Cheese,				
Rolls(WG), Garden Salad,				
Mixed Fruit, Lowfat Milk -				
1%				
Veg Salad				
D: Pinto Beans, Rice (1oz				
eq/28gm/1/2c)(WG), Mixed				
Vegetables, Applesauce,				
Lowfat Milk - 1%				
Red Beans				