

TYSON SPRINGHILL VEGGIE MENU

FEBRUARY 2012

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>FEBRUARY 1 BLACK BEANS, 1/3 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ ULTRA GRAIN 6" TORTILLA, 1 EA SWEET YELLOW CORN, 1/4 C CHILLED APPLESAUCE, 3/8 C TODS AND TWOS STEAMED BROCCOLI</p>	<p>FEBRUARY 2 CHEESE SUB 4", 1 EA TOSSED SALAD W/ GREEN LEAF & SPINACH W/ CREAMY RANCH DRESSING, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>FEBRUARY 3 **BAKED ZITI** NO MEAT HAS SOY IN ITALIAN RED SAUCE SMOTHERED IN THREE CHEESES, 1/2 C PEAS & CARRTOS, 1/4 C ITALIAN BREAD, 1 SL CHILLED DICED PEACHES, 3/8 C</p>
<p>FEBRUARY 6 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED DICED PEARS, 3/8 C</p>	<p>FEBRUARY 7 VEGGIE BLACK BEAN CHILI, 1/2 C BABY CARROTS W/DIP, 1/4 C WHOLE WHEAT BREAD, 1/2 SL FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS</p>	<p>FEBRUARY 8 CHEESE PIZZA, 1SL STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</p>	<p>FEBRUARY 9 VEGGIE NUGGETS, 4 EA W/ KETCHUP WHOLE WHEAT BREAD, 1/2 SL CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 EA FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS MIXED FRUIT IN JUICE 3-WAY HOT MIXED VEGGIE</p>	<p>FEBRUARY 10 VEGETARIAN ORZO, 1/2 C GREEN BEANS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED DICED PEACHES, 3/8 C</p>
<p>FEBRUARY 13 MACARONI & CHEESE, 1/2 C WHOLE WHEAT BREAD, 1/2 SL CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>FEBRUARY 14 *J D WALKING TACO* REFRIED BEANS, 1 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ TOSTITIOS PC CHIPS, 1 EA GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C TODS AND TWOS WHL WHEAT BREAD</p>	<p>FEBRUARY 15 VEGETARIAN BLACK BEAN CHILI, 1/2 C WHOLE WHEAT BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>	<p>FEBRUARY 16 WHOLE WHEAT SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ BABY CARROTS W/DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS</p>	<p>FEBRUARY 17 REFRIED BEANS, 1/2 C ULTRA GRAIN 6" TORTILLA, 1 EA 3-WAY HOT MIXED VEGGIE , 1/4 C CHILLED DICED PEACHES, 3/8 C</p>
<p>FEBRUARY 20 PRESIDENTS' DAY HOLIDAY !!!</p>	<p>FEBRUARY 21 WHOLE WHEAT PENNE PASTA PRIMAVERA W/ MIXED VEGETABLES & BROCCOLI FLORETS WHOLE GRAIN BREAD, 1/2 SL MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE</p>	<p>FEBRUARY 22 VEGETARIAN BURGER, MORNING STAR, 1 EA ON A ROLL, 1 EA W/ KETCHUP GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>	<p>FEBRUARY 23 VEGETARIAN NACHO MEAL, 1 OZ W/ SHRED CHEDDAR CHEESE, 1/2 OZ FLOUR TORTILLA, 1 EA BABY CARROTS W/DIP, 1/4 C APPLE, 3/8 C TODS AND TWOS CARROT COINS / APPLESAUCE</p>	<p>FEBRUARY 24 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA CHILLED MIXED FRUIT, 1/2 C</p>
<p>FEBRUARY 27 WHL GRAIN VEGETARIAN SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>FEBRUARY 28 VEGETARIAN BURGER, MORNING STAR, 1 EA ON A ROLL, 1 EA W/ KETCHUP GREEN BEANS, 1/4 C CHILLED MIXED FRUIT, 3/8 C</p>	<p>FEBRUARY 29 BLACK BEANS, 1/3 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ ULTRA GRAIN 6" TORTILLA, 1 EA SWEET YELLOW CORN, 1/4 C CHILLED APPLESAUCE, 3/8 C TODS AND TWOS STEAMED BROCCOLI</p>		

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.
 Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
 6 oz milk required with each meal