

TYSON MCLEAN BK VEGGIE MENU

FEBRUARY 2012

BK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>FEBRUARY 1 BLACK BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1 OZ WARM SOFT FLOUR TORTILLA, 2 EA STEAMED GREEN BEANS, 1/2 C FRESH APPLE, 1 EA</p>	<p>FEBRUARY 2 WHL GRAIN SPAGHETTI PASTA W/ MARINARA SAUCE, 3/4 C LO-FAT SHREDDED MOZZARELLA, 2 OZ WHOLE WHEAT BREAD, 1 SL SWEET TENDER PEAS, 1/2 C FRESH ORANGE WEDGES, 2 PCS</p>	<p>FEBRUARY 3 CHEESE PIZZA, 2 SL FRESH BABY CARROTS W/RANCH DIP, 1/2 C CHILLED DICED PEACHES, 3/8 C</p>
<p>FEBRUARY 6 MACARONI & CHEESE, 3/4 C SWEET TENDER PEAS, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED DICED PEARS, 3/8 C</p>	<p>FEBRUARY 7 RICE & BEANS, 3/4 C FRESH BABY CARROTS W/RANCH DIP, 1/2 C FRESH BANANA, 1 EA</p>	<p>FEBRUARY 8 WHOLE WHEAT PENNE PASTA W/ STEWED TOMATOES, 3/4 C LO-FAT SHREDDED MOZZARELLA, 2 OZ STEAMED GREEN BEANS, 1/2 C FRESH APPLE, 1 EA</p>	<p>FEBRUARY 9 VEGGIE NUGGETS, 6 EA W/ KETCHUP CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/2 C WHOLE WHEAT BREAD, 1 SL FRESH ORANGE WEDGES, 2 PCS</p>	<p>FEBRUARY 10 VEGETARIAN ORZO, 3/4 C SWEET YELLOW CORN, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED DICED PEACHES, 3/8 C</p>
<p>FEBRUARY 13 MACARONI & CHEESE, 3/4 C CARROT COINS, 1/2 C WHOLE WHEAT BREAD, 1 SL CHILLED DICED PEARS, 3/8 C</p>	<p>FEBRUARY 14 *J D WALKING TACO* REFRIED BEANS, 2 C LO-FAT SHREDDED CHEDDAR , 1 OZ 1OZ BAG TOSTITOS, 1 EA GREEN BEANS, 1/2 C FRESH APPLE, 1 EA</p>	<p>FEBRUARY 15 VEGETARIAN BLACK BEAN CHILI, 3/4 C WHOLE WHEAT BREAD, 1 SL FRESH BROCCOLI & CARROTS W/ DIP, 1/2 C PINEAPPLE TIDBITS, 3/8 C</p>	<p>FEBRUARY 16 WHL GRAIN SPAGHETTI PASTA W/ MARINARA SAUCE, 7/8 C SHREDDED MOZZARELLA CHEESE, 2 OZ TOSSED SALAD W/ GREEN LEAF & SPINACH W/ CREAMY RANCH DRESSING, 1/2 C FRESH BANANA, 1 EA</p>	<p>FEBRUARY 17 CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1 EA CHEDDAR CHEESE, 2 OZ 5-WAY HOT MIXED VEGETABLE, 1/2 C CHILLED DICED PEACHES, 3/8 C MAYO ON THE SIDE</p>
<p>FEBRUARY 20 PRESIDENTS' DAY HOLIDAY !!!</p>	<p>FEBRUARY 21 WHOLE WHEAT PENNE PASTA PRIMAVERA, 3/4 C W/ MIXED VEGETABLES & BROCCOLI FLORETS MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/2 C FRESH BANANA, 1 EA</p>	<p>FEBRUARY 22 REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ WHOLE WHEAT BREAD, 1/2 SL GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>	<p>FEBRUARY 23 VEGETARIAN NACHO MEAL, 2 OZ W/ SHRED CHEDDAR CHEESE, 1 OZ CORN TORTILLA CHIPS, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 1/2 C FRESH APPLE, 1 EA</p>	<p>FEBRUARY 24 FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 2 EA ORANGE WEDGES, 5 EA</p>
<p>FEBRUARY 27 VEGGIE REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 2 OZ BRN WHL GRAIN RICE, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 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 SWEET YELLOW CORN, 1/2 C CHILLED MIXED FRUIT, 3/8 C</p>	<p>FEBRUARY 29 BLACK BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1 OZ WARM SOFT FLOUR TORTILLA, 2 EA STEAMED GREEN BEANS, 1/2 C FRESH APPLE, 1 EA</p>		

All alternates discussed on an individual basis as needed.
 Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
 8 oz milk required with each meal