

TYSON MCLEAN 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 STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</p>	<p>FEBRUARY 2 WHL GRAIN SPAGHETTI PASTA W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 OZ SWEET TENDER PEAS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS CHILLED DICED PEARS</p>	<p>FEBRUARY 3 CHEESE PIZZA, 1 SL FRESH BABY CARROTS W/RANCH DIP, 1/4 C CHILLED DICED PEACHES, 3/8 C TODS AND TWOS CARROT COINS</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 RICE & BEANS, 1/2 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS</p>	<p>FEBRUARY 8 WHOLE WHEAT PENNE PASTA W/ STEWED TOMATOES, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ 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 C 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 TOSSED SALAD W/ GREEN LEAF & SPINACH W/ CREAMY RANCH DRESSING, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED DICED PEACHES, 3/8 C TODS AND TWOS GREEN BEANS</p>
<p>FEBRUARY 13 MACARONI & CHEESE, 1/2 C CARROT COINS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL 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 1OZ BAG TOSTITOS, 1 EA GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS APPLESAUCE WHL WHEAT BREAD</p>	<p>FEBRUARY 15 VEGETARIAN BLACK BEAN CHILI, 1/2 C WHOLE WHEAT BREAD, 1/2 SL FRESH BROCCOLI & CARROTS W/ DIP, 1/4 C PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS CHILLED DICED PEACHES GREEN BEANS</p>	<p>FEBRUARY 16 WHL GRAIN SPAGHETTI PASTA W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ TOSSED SALAD W/ GREEN LEAF & SPINACH W/ CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS</p>	<p>FEBRUARY 17 CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA CHEDDAR CHEESE, 1 1/2 OZ 5-WAY HOT MIXED VEGETABLE, 1/4 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 W/ MIXED VEGETABLES & BROCCOLI FLORETS, 1/2 C 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 W/ CATSUP 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 CORN TORTILLA CHIPS, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ROLL/CARROTS APPLESAUCE</p>	<p>FEBRUARY 24 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS TODS AND TWOS MIXED FRUIT IN JUICE</p>
<p>FEBRUARY 27 VEGGIE REFRIED BEANS, 1/2 C LOW-FAT CHEDDAR, 1/2 OZ BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C CHILLED DICED PEARS, 3/8 C TODS AND TWOS CARROT COINS</p>	<p>FEBRUARY 28 VEGETARIAN BURGER, MORNING STAR, 1 EA ON A ROLL, 1 EA W/ KETCHUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C TODS AND TWOS MIXED FRUIT/GREEN BEANS</p>	<p>FEBRUARY 29 BLACK BEANS, 1/3 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ ULTRA GRAIN 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</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