

GREAT BEGINNINGS **FEBRUARY 2010** **LK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 1 TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	FEBRUARY 2 LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C	FEBRUARY 3 TURKEY MEATBALLS & GRAVY, 3 EA SPLIT TOP ROLL, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	FEBRUARY 4 TURKEY CORN DOG NUGGETS, 4 EA W/ CATSUP GREEN PEAS, 1/4 C CHILLED DICED PEARS, 3/8 C	FEBRUARY 5 **BAKED ZITI** NO MEAT HAS SOY, 2 OZ IN ITALIAN RED SAUCE SMOTHERED IN THREE CHEESES, 1/2 C STEAMED VEG MEDLEY, 1/4 C ITALIAN BREAD, 1 SL CHILLED DICED PEACHES, 3/8 C
FEBRUARY 8 CHILI MAC, 1/2 C ELBOW MACARONI, W/ BEEF TOMATOES, & CHEESE SAUCE GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	FEBRUARY 9 CHICKEN ALFREDO, 1/2 C PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREAST OF CHICKEN CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	FEBRUARY 10 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA SAVORY MASHED POTATOES, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED APPLESAUCE, 3/8 C	FEBRUARY 11 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C CHILLED MIXED FRUIT, 3/8 C	FEBRUARY 12 CHICKEN BREAST CHUNK BONELESS WING DING, 2 EA W/ CATSUP DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C CHILLED DICED PEACHES, 3/8 C
FEBRUARY 15 CLOSED PRESIDENT'S DAY	FEBRUARY 16 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA WHOLE WHEAT BREAD, 1/2 SL CARROT COINS, 1/4 C APPLE SAUCE	FEBRUARY 17 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C DINNER ROLL, 1 EA CHILLED DICED PEACHES, 3/8 C	FEBRUARY 18 SHORT SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE, 1/2 C SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	FEBRUARY 19 TURKEY & CHEESE ON STEAK ROLL, 1/2 EA HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEACHES, 3/8 C
FEBRUARY 22 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	FEBRUARY 23 TURKEY & CHEESE ON WHEAT BREAD, 1 EA SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	FEBRUARY 24 ITALIAN TURKEY MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	FEBRUARY 25 NACHO MEAT, 1 OZ (BEEF CRUMBLES) W/ SHRED CHEDDAR CHEESE, 1/2 OZ DINNER ROLL, 1 EA CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	FEBRUARY 26 SPAGHETTI W/ MARINARA, 1/3 C TURKEY MEATBALLS, 3 EA GREEN BEANS, 1/4 C CHILLED MIXED FRUIT, 3/8 C

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