

GREAT BEGINNINGS		JANUARY 2010			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				JANUARY 1 HAPPY NEW YEAR !!	
JANUARY 4 TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	JANUARY 5 LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C	JANUARY 6 TURKEY MEATBALLS & GRAVY, 3 EA SPLIT TOP ROLL, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	JANUARY 7 TURKEY CORN DOG NUGGETS, 4 EA W/ CATSUP GREEN PEAS, 1/4 C CHILLED DICED PEARS, 3/8 C	JANUARY 8 **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	
JANUARY 11 CHILI MAC, 1/2 C ELBOW MACARONI, W/ BEEF TOMATOES, & CHEESE SAUCE GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	JANUARY 12 HAWAIIAN TURKEY MEATBALLS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	JANUARY 13 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	JANUARY 14 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C CHILLED MIXED FRUIT, 3/8 C	JANUARY 15 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	
JANUARY 18 CHICKEN ALFREDO, 1/2 C PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREAST OF CHICKEN GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	JANUARY 19 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA WHOLE WHEAT BREAD, 1/2 SL CARROT COINS, 1/4 C APPLE SAUCE	JANUARY 20 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C DINNER ROLL, 1 EA CHILLED DICED PEACHES, 3/8 C	JANUARY 21 SHORT SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE, 1/2 C SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	JANUARY 22 TURKEY & CHEESE ON STEAK ROLL, 1/2 EA HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEACHES, 3/8 C	
JANUARY 25 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	JANUARY 26 TURKEY & CHEESE ON WHEAT BREAD, 1 EA SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	JANUARY 27 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	JANUARY 28 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	JANUARY 29 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA TURKEY SAUSAGE LINKS, 2 EA 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