

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FEBRUARY 1 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 2 VEGETARIAN BURGER, 1 EA ON A ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C</p>	<p>FEBRUARY 3 ASIAN VEGGIE STIR FRIED RICE W/ SOY, 3/4 C CARROT COINS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED MIXED FRUIT, 3/8 C</p>	<p>FEBRUARY 4 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>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</p>
<p>FEBRUARY 8 VEGETARIAN BURGER, 1 EA ON A ROLL W/ CATSUP GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C</p>	<p>FEBRUARY 9 RICE & BEANS, 1/2 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>FEBRUARY 10 ASIAN VEGGIE STIR FRIED RICE W/ SOY, 3/4 C CARROT COINS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED APPLESAUCE, 3/8 C</p>	<p>FEBRUARY 11 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C CHILLED MIXED FRUIT, 3/8 C</p>	<p>FEBRUARY 12 VEGETARIAN SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ SWEET YELLOW CORN, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>
<p>FEBRUARY 15 PRESIDENTS DAY</p>	<p>FEBRUARY 16 ASIAN VEGGIE STIR FRIED RICE W/ SOY, 3/4 C CARROT COINS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED APPLESAUCE, 3/8 C</p>	<p>FEBRUARY 17 VEGETARIAN BURGER, 1 EA ON A ROLL W/ CATSUP, 1 EA SAVORY MASHED POTATOES, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>	<p>FEBRUARY 18 VEGETARIAN SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>FEBRUARY 19 CHEESE SANDWICH ON WHEAT BREAD ON WHEAT BREAD, 1 EA HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEACHES, 3/8 C</p>
<p>FEBRUARY 22 ASIAN VEGGIE STIR FRIED RICE W/ SOY, 3/4 C SWEET TENDER PEAS, 1/4 C BREAD STICKS, 1 EA CHILLED APPLESAUCE, 3/8 C</p>	<p>FEBRUARY 23 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>FEBRUARY 24 VEGGIE 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 25 VEGETARIAN NACHO MEAL, 1 OZ W/ SHRED CHEDDAR CHEESE, 1/2 OZ DINNER ROLL, 1/4 EA CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C</p>	<p>FEBRUARY 26 VEGETARIAN SPAGHETTI, 1/3 C SHERDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C CHILLED MIXED FRUIT, 3/8 C</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