

GREAT BEGINNINGS		JANUARY 2010			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				JANUARY 1 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA CHILLED MIXED FRUIT, 1/2 C	
JANUARY 4 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	JANUARY 5 VEGETARIAN BURGER, 1 EA ON A ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C	JANUARY 6 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	JANUARY 7 MACARONI & CHEESE, 1/2 C SWEET TENDER 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 VEGETARIAN BURGER, 1 EA ON A ROLL W/ CATSUP GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	JANUARY 12 RICE & BEANS, 1/2 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	JANUARY 13 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	JANUARY 14 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C CHILLED MIXED FRUIT, 3/8 C	JANUARY 15 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	
JANUARY 18 PASTA ALFREDO PENNE PASTA W/ CREAMY ALFREDO SAUCE GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	JANUARY 19 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	JANUARY 20 VEGETARIAN BURGER, 1 EA ON A ROLL W/ CATSUP, 1 EA SAVORY MASHED POTATOES, 1/4 C CHILLED DICED PEACHES, 3/8 C	JANUARY 21 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	JANUARY 22 CHEESE SANDWICH ON WHEAT BREAD ON WHEAT BREAD, 1 EA HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEACHES, 3/8 C	
JANUARY 25 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	JANUARY 26 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	JANUARY 27 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	JANUARY 28 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	JANUARY 29 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA CHILLED MIXED FRUIT, 1/2 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