

GREAT BEGINNINGS		JANUARY 2012			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
JANUARY 2 HAPPY NEW YEAR !!!!	JANUARY 3 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	JANUARY 4 BLACK BEANS LO-FAT SHREDDED CHEDDAR , 1/2 OZ ULTRA GRAIN 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	JANUARY 5 VEGGIE REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ SWEET TENDER PEAS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED DICED PEARS, 3/8 C	JANUARY 6 **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 9 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED DICED PEARS, 3/8 C	JANUARY 10 RICE & BEANS, 1/2 C CARROT COINS, 1/4 C CHILLED DICED PEACHES, 3/8 C	JANUARY 11 WHOLE WHEAT PENNE PASTA W/ STEWED TOMATOES, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	JANUARY 12 VEGGIE NUGGETS, 4 EA W/ KETCHUP WHOLE WHEAT BREAD, 1/2 SL SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 2 C	JANUARY 13 WHL GRAIN VEGETARIAN SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	
JANUARY 16 MARTIN LUTHER KING HOLIDAY !!!	JANUARY 17 VEGGIE NUGGETS, 4 EA GREEN BEANS, 1/4 C WHOLE WHEAT BREAD, 1/2 SL CHILLED APPLESAUCE, 3/8 C	JANUARY 18 VEGETARIAN BURGER, MORNING STAR, 1 EA ON A ROLL W/ CATSUP, 1 EA SAVORY MASHED POTATOES, 1/4 C CHILLED DICED PEACHES, 3/8 C	JANUARY 19 WHL GRAIN VEGETARIAN SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ SWEET TENDER PEAS, 1/4 C CHILLED MIXED FRUIT, 3/8 C	JANUARY 20 CHEESE SANDWICH ON WHEAT BREAD ON WHEAT BREAD, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEACHES, 3/8 C	
JANUARY 23 VEGGIE NUGGETS, 4 EA W/ KETCHUP SWEET TENDER PEAS, 1/4 C BREAD STICKS, 1 EA CHILLED APPLESAUCE, 3/8 C	JANUARY 24 WHOLE WHEAT PENNE PASTA PRIMAVERA, 1/2 C W/ MIXED VEGETABLES & BROCCOLI FLORETS 5-WAY HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEARS, 3/8 C	JANUARY 25 VEGETARIAN BURGER, MORNING STAR, 1 EA ON A ROLL W/ CATSUP GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	JANUARY 26 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 27 WHL GRAIN VEGETARIAN SPAGHETTI, 1/3 C SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C CHILLED MIXED FRUIT, 3/8 C	
JANUARY 30 WHL GRAIN 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 31 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				

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