

TYSON SPRINGHILL VEGGIE MENU

MAY 2019

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>MAY 1 VEGETARIAN BURGER MORNING STAR W/ VEG GRAVY, 1 EA 100% WHOLE GRAIN BREAD, 1/2 EA SAVORY MASHED POTATOES, 1/4 C FRESH DICED CANTALOUPE, 1 EA TODS AND TWOS DICED CANTALOUPE</p>	<p>MAY 2 WHOLE GRAIN MINI CHEESE RAVIOLI W/ MARINARA, 1/2 C PARMESAN CHEESE, 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS</p>	<p>MAY 3 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHEAT DINNER ROLL, 1 EA 5- WAY HOT MIXED VEGETABLES, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE MANDARIN ORANGES</p>
<p>MAY 6 VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP SWEET TENDER PEAS, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL ALL NATURAL APPLESAUCE, 3/8 C</p>	<p>MAY 7 CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL 3-WAY HOT MIXED VEGGIE, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>MAY 8 VEGGIE NACHO MEAL, 1/4 C W/ SHRED CHEDDAR CHEESE, 1/2 OZ 100% WHOLE GRAIN BREAD, 1/2 SL CARROT COINS, 1/4 C FRESH DICED MELON MIX, 3/8 C TODS AND TWOS DICED FRESH MELON MIX</p>	<p>MAY 9 ITALIAN VEGETARIAN MEATBALL SUB, 2 EA LO-FAT SHREDDED MOZZARELLA, 1/2 OZ SUB ROLL, 1/2 EA STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</p>	<p>MAY 10 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA WG BUTTERMILK PANCAKES W/ NO HFC SYRUP, 1 EA VEGGIE SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS TODS AND TWOS MANDARIN ORANGES</p>
<p>MAY 13 VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS MIXED FRUIT IN JUICE</p>	<p>MAY 14 VEGETARIAN BURGER, MORNING STAR, 1 EA WW HAMBURGER ROLL NO HFC, 1 EA NO HFC KETCHUP MASHED SWEET POTATOES, 1/4 C FRESH BANANA, 1/2 EA</p>	<p>MAY 15 VEGETARIAN MEATBALLS IN MARINARA, 2 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH FRUIT SALAD, 3/8 C (MELONS, FRESH PINEAPPLE) TODS AND TWOS GREEN PEAS DICED FRESH MELON MIX</p>	<p>MAY 16 VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS GREEN BEANS ALL NATURAL APPLESAUCE</p>	<p>MAY 17 CHEESE PIZZA, 1 SL CARROT COINS, 1/4 C FRESH DICED CANTALOUPE, 3/8 C TODS AND TWOS DICED CANTALOUPE</p>
<p>MAY 20 VEGETARIAN MEATBALLS IN MARINARA, 2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ SUBWAY, 1/2 EA SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p>MAY 21 PIZZA PASTA BAKE "MEATLESS" VEGETARIAN PIZZA CRUMBLES, TOMATO SAUCE, PASTA, MOZZARELLA, 1/2 C TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS</p>	<p>MAY 22 VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS MANDARIN ORANGES GREEN BEANS</p>	<p>MAY 23 WHOLE GRAIN WAFFLES, 1 EA W/ NO HFC SYRUP VEGETARIAN SAUSAGE PATTY, 1 EA VANILLA YOGURT, 1/2 C FRESH APPLE, 1/2 EA TODS AND TWOS ALL NATURAL APPLESAUCE</p>	<p>MAY 24 <i>IN SERVICE DAY</i> <i>NO LUNCH SERVICE</i></p>
<p>MAY 27 MEMORIAL DAY HOLIDAY!!</p>	<p>MAY 28 REFRIED BEANS, 1/2 C SHRED CHEDDAR ON THE SIDE, 1/2 OZ WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS APPLESAUCE</p>	<p>MAY 29 VEGETARIAN BURGER MORNING STAR W/ VEG GRAVY, 1 EA 100% WHOLE GRAIN BREAD, 1/2 EA SAVORY MASHED POTATOES, 1/4 C FRESH DICED CANTALOUPE, 1 EA TODS AND TWOS DICED CANTALOUPE</p>	<p>MAY 30 WHOLE GRAIN MINI CHEESE RAVIOLI W/ MARINARA, 1/2 C PARMESAN CHEESE, 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS</p>	<p>MAY 31 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHEAT DINNER ROLL, 1 EA 5- WAY HOT MIXED VEGETABLES, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE MANDARIN ORANGES</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
