

TYSON SPRINGHILL		JULY 2019			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
JULY 1 NAE WHOLE GRAIN CHICKEN NUGGETS W/ NO HFC KETCHUP, 3 EA 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	JULY 2 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	JULY 3 MEXICAN BEEF NACHO FIESTA, 1/4 C W/ SHRED CHEDDAR CHEESE, 1/2 SL 100% WHOLE GRAIN BREAD, 1/2 EA CARROT COINS, 1/4 C FRESH DICED MELON MIX, 3/8 C TODS AND TWOS DICED FRESH MELON MIX	JULY 4 **HAPPY 4TH OF JULY**	JULY 5 BREAKFAST FOR LUNCH !! WG BUTTERMILK PANCAKES W/ NO HFC SYRUP, 1 EA CHICKEN SAUSAGE PATTY, 1 EA DANIMALS VANILLA YOGURT, 1 EA FRESH ORANGE WEDGES, 4 PCS TODS AND TWOS MANDARIN ORANGES	
JULY 8 ROASTED TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS MIXED FRUIT IN JUICE	JULY 9 LEAN BEEF HAMBURGER PATTY, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP MASHED SWEET POTATOES, 1/4 C FRESH BANANA, 1/2 EA	JULY 10 ITALIAN BEEF MEATBALL SUB, 3 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	JULY 11 CHICKEN BREAST CHUNK BONELESS WING DINGS, 3 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 MANDARIN ORANGES	JULY 12 **BAKED ZITI** MEATLESS CONTAINS SOY ITALIAN RED SAUCE W/ THREE CHEESES, 1/2 C 5- WAY HOT MIXED VEGETABLES , 1/4 C ITALIAN BREAD, 1 PCS SEEDLESS WATERMELON, 1SL TODS AND TWOS 3-WAY HOT VEG, PEACHES IN JUICE	
JULY 15 ITALIAN BEEF MEATBALL SUB, 3 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ SUB ROLL, 1/2 EA SWEET TENDER PEAS, 3/8 C ALL NATURAL APPLESAUCE	JULY 16 PIZZA PASTA BAKE BEEF CRUMBLES, CHICKEN & BEEF PEPPERONI, TOMATO SAUCE, PASTA, 1/2 C SHREDDED MOZZARELLA CHEESE, 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 EA FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS	JULY 17 NAE WHOLE GRAIN CHICKEN NUGGETS W/ NO HFC KETCHUP, 3 EA 100% WHOLE GRAIN BREAD, 1/2 SL CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS GREEN BEANS MANDARIN ORANGES	JULY 18 BUTTERMILK PANCAKES (WG) W/ NO HFC SYRUP, 1 EA CHICKEN SAUSAGE PATTY, 1 EA VANILLA YOGURT, 1/2 C FRESH APPLE, 1/2 EA TODS AND TWOS ALL NATURAL APPLESAUCE	JULY 19 CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C FRESH FRUIT SALAD , 3/8 C (MELONS, FRESH PINEAPPLE) TODS AND TWOS DICED FRESH MELON MIX	
JULY 22 CHICKEN SLIDER ON A BUN, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ W/ NO HFC KETCHUP STEAMED GREEN BEANS, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS MIXED FRUIT IN JUICE	JULY 23 ROASTED TERIYAKI CHICKEN STRIPS, 3 EA WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS APPLESAUCE	JULY 24 SALISBURY STEAK W/ GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL FRESH DICED CANTALOUPE, 1 SL TODS AND TWOS DICED CANTALOUPE	JULY 25 WHL GRAIN SPAGHETTI W/ BEEF & TURKEY MEAT 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	JULY 26 CHEESE PIZZA, 1SL 5- WAY HOT MIXED VEGETABLES , 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE MANDARIN ORANGES	
JULY 29 NAE WHOLE GRAIN CHICKEN NUGGETS W/ NO HFC KETCHUP, 3 EA 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	JULY 30 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	JULY 31 MEXICAN BEEF NACHO FIESTA, 1/4 C W/ SHRED CHEDDAR CHEESE, 1/2 SL 100% WHOLE GRAIN BREAD, 1/2 EA CARROT COINS, 1/4 C FRESH DICED MELON MIX, 3/8 C TODS AND TWOS DICED FRESH MELON MIX			

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