

TYSON SPRINGHILL VEGGIE MENU

JULY 2019

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JULY 1 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>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</p>	<p>JULY 3 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>JULY 4 **HAPPY 4TH OF JULY**</p>	<p>JULY 5 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>JULY 8 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>JULY 9 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>JULY 10 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>JULY 11 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>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</p>
<p>JULY 15 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>JULY 16 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>JULY 17 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>JULY 18 BUTTERMILK PANCAKES (WG) W/ NO HFC SYRUP, 1 EA VEGETARIAN SAUSAGE PATTY, 1 EA VANILLA YOGURT, 1/2 C FRESH APPLE, 1/2 EA TODS AND TWOS ALL NATURAL APPLESAUCE</p>	<p>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</p>
<p>JULY 22 VEGETARIAN SAUSAGE SLIDER, 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</p>	<p>JULY 23 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>JULY 24 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>JULY 25 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>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</p>
<p>JULY 29 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>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</p>	<p>JULY 31 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>		

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
