

**TYSON SPRINGHILL VEGGIE MENU**

**SEPTEMBER 2019**

**LK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SEPTEMBER 2</b></p> <p><b>LABOR DAY</b></p> <p><b>HOLIDAY</b></p>	<p><b>SEPTEMBER 3</b></p> <p>VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH ORANGE WEDGES, 2 EA</p> <p><b>TODS AND TWOS</b></p> <p>MIXED FRUIT IN JUICE</p>	<p><b>SEPTEMBER 4</b></p> <p>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)</p> <p><b>TODS AND TWOS</b></p> <p>GREEN PEAS DICED FRESH MELON MIX</p>	<p><b>SEPTEMBER 5</b></p> <p>VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C</p> <p><b>TODS AND TWOS</b></p> <p>GREEN BEANS ALL NATURAL APPLESAUCE</p>	<p><b>SEPTEMBER 6</b></p> <p>CHEESE PIZZA, 1 SL CARROT COINS, 1/4 C FRESH DICED CANTALOUPE, 3/8 C</p> <p><b>TODS AND TWOS</b></p> <p>DICED CANTALOUPE</p>
<p><b>SEPTEMBER 9</b></p> <p>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><b>SEPTEMBER 10</b></p> <p>PIZZA PASTA BAKE "MEATLESS" VEGETARIAN PIZZA PASTA BAKE MOZZARELLA, 1/2 C TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA</p> <p><b>TODS AND TWOS</b></p> <p>CARROT COINS</p>	<p><b>SEPTEMBER 11</b></p> <p>VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP CAESAR SALAD W/ ROMAINE DRESSING &amp; PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS</p> <p><b>TODS AND TWOS</b></p> <p>MANDARIN ORANGES GREEN BEANS</p>	<p><b>SEPTEMBER 12</b></p> <p>BUTTERMILK PANCAKES (WG) W/ NO HFC SYRUP, 1 EA VEGETARIAN SAUSAGE PATTY, 1 EA VANILLA YOGURT, 1/2 C FRESH APPLE, 1/2 EA</p> <p><b>TODS AND TWOS</b></p> <p>ALL NATURAL APPLESAUCE</p>	<p><b>SEPTEMBER 13</b></p> <p>CREAMY MACARONI &amp; 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)</p> <p><b>TODS AND TWOS</b></p> <p>DICED FRESH MELON MIX</p>
<p><b>SEPTEMBER 16</b></p> <p>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</p> <p><b>TODS AND TWOS</b></p> <p>MIXED FRUIT IN JUICE</p>	<p><b>SEPTEMBER 17</b></p> <p>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</p> <p><b>TODS AND TWOS</b></p> <p>APPLESAUCE</p>	<p><b>SEPTEMBER 18</b></p> <p>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</p> <p><b>TODS AND TWOS</b></p> <p>DICED CANTALOUPE</p>	<p><b>SEPTEMBER 19</b></p> <p>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</p> <p><b>TODS AND TWOS</b></p> <p>SWEET TENDER PEAS</p>	<p><b>SEPTEMBER 20</b></p> <p>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</p> <p><b>TODS AND TWOS</b></p> <p>3-WAY HOT MIXED VEGGIE MANDARIN ORANGES</p>
<p><b>SEPTEMBER 23</b></p> <p>VEGGIE NUGGETS, 5 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><b>SEPTEMBER 24</b></p> <p>CREAMY MACARONI &amp; 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><b>SEPTEMBER 25</b></p> <p>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</p> <p><b>TODS AND TWOS</b></p> <p>DICED FRESH MELON MIX</p>	<p><b>SEPTEMBER 26</b></p> <p>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</p> <p><b>TODS AND TWOS</b></p> <p>CHILLED APPLE SAUCE</p>	<p><b>SEPTEMBER 27</b></p> <p>BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BUTTERMILK PANCAKES (WG) W/ NO HFC SYRUP, 1 EA VEGGIE SAUSAGE PATTY, 1 EA FRESH BABY CARROTS W/RANCH DIP, 1/4 C ORANGE WEDGES, 2 PCS</p> <p><b>TODS AND TWOS</b></p> <p>MANDARIN ORANGES CARROT COINS</p>
<p><b>SEPTEMBER 30</b></p> <p>VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH ORANGE WEDGES, 2 EA</p> <p><b>TODS AND TWOS</b></p> <p>MIXED FRUIT IN JUICE</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

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