

TYSON SPRINGHILL		NOVEMBER 2019			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>NOVEMBER 1</b> CHEESE PIZZA, 1 SL 5-WAY HOT MIXED VEGETABLE, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> 3 WAY HOT/ PEACHES IN JUICE	
<b>NOVEMBER 4</b> BEEF MEATBALLS & GRAVY, 3 EA WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>NOVEMBER 5</b> 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 <b>TODS AND TWOS</b> CARROT COINS	<b>NOVEMBER 6</b> NAE WHOLE GRAIN CHICKEN NUGGETS W/ NO HFC KETCHUP, 4 EA CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> GREEN BEANS MANDARIN ORANGES	<b>NOVEMBER 7</b> CHEESEBURGER MEATLOAF, 1 EA WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> ALL NATURAL APPLESAUCE 3-WAY HOT MIXED VEGGIE	<b>NOVEMBER 8</b> GRILLED CHICKEN BREAST FILET, NAE, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C	
<b>NOVEMBER 11</b> 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 <b>TODS AND TWOS</b> MIXED FRUIT IN JUICE	<b>NOVEMBER 12</b> CHICKEN TENDERS, GLUTEN FREE, 3 EA W/ NO HFC KETCHUP WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> CARROT COINS / APPLESAUCE	<b>NOVEMBER 13</b> SALISBURY STEAK W/ GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C WHEAT DINNER ROLL, 1 EA PINEAPPLE TIDBITS IN JUICE, 3/8 C <b>TODS AND TWOS</b> DICED PEACHES IN JUICE	<b>NOVEMBER 14</b> 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 <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>NOVEMBER 15</b> NAE CHICKEN BREAST CHUNK BONELESS WING DINGS, 3 EA W/ NO HFC KETCHUP 5- WAY HOT MIXED VEGETABLES , 1/4 C 100% WHOLE GRAIN BREAD, 1 EA FRESH ORANGE WEDGES, 2 EA <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE MANDARIN ORANGES	
<b>NOVEMBER 18</b> OVEN BAKED CHICKEN BREAST PATTY SANDWICH, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C	<b>NOVEMBER 19</b> CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL MIXED FRESH VEGETABLE W/CREAMY RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE	<b>NOVEMBER 20</b> MEXICAN BEEF NACHO FIESTA, 1/4 C W/ SHRED CHEDDAR CHEESE, 1/2 OZ CORN TORTILLA CHIPS, 1/4 C SWEET YELLOW CORN, 1/4 C DICED PEARS IN JUICE, 3/8 C <b>TODS AND TWOS</b> WHEAT DINNER ROLL CARROT COINS	<b>NOVEMBER 21</b> ITALIAN BEEF MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> CHILLED APPLE SAUCE	<b>NOVEMBER 22</b> <b>**THANKSGIVING**</b> SLD TURKEY BREAST W/GRAVY, 1SL MASHED POTATOES, 1/4C CRANBERRY SAUCE, 2OZ TOSSED SALAD W/RANCH, 1/4C ROLL BUTTER, 1EA CHOC CHIP COOKIE <b>TODS &amp; TWOS</b> GREEN BEANS	
<b>NOVEMBER 25</b> ROASTED TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH ORANGE WEDGES, 2 EA <b>TODS AND TWOS</b> CARROT COINS MIXED FRUIT IN JUICE	<b>NOVEMBER 26</b> LEAN BEEF HAMBURGER PATTY, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/4 C FRESH BANANA, 1/2 EA <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE	<b>NOVEMBER 27</b> TURKEY CORN DOG NUGGETS, 4 EA W/ NO HFC KETCHUP TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> MANDARIN ORANGES SWEET TENDER PEAS	<b>NOVEMBER 28</b> <b>**HAPPY THANKSGIVING!!</b>	<b>NOVEMBER 29</b> <b>**THANKSGIVING BREAK**</b>	

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

