

TYSON SPRINGHILL VEGGIE MENU

NOVEMBER 2019

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>NOVEMBER 1 CHEESE PIZZA, 1 SL 5-WAY HOT MIXED VEGETABLE, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS 3 WAY HOT/ PEACHES IN JUICE</p>
<p>NOVEMBER 4 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C DICED PEARS IN JUICE, 3/8 C TODS AND TWOS SWEET TENDER PEAS</p>	<p>NOVEMBER 5 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 TODS AND TWOS CARROT COINS</p>	<p>NOVEMBER 6 VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS MANDARIN ORANGES GREEN BEANS</p>	<p>NOVEMBER 7 VEGETARIAN BLACK BEAN CHILI, 1/3 C WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ALL NATURAL APPLESAUCE 3-WAY HOT MIXED VEGGIE</p>	<p>NOVEMBER 8 CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C</p>
<p>NOVEMBER 11 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>NOVEMBER 12 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>NOVEMBER 13 VEGETARIAN BURGER MORNING STAR W/ VEG GRAVY, 1 EA WHEAT DINNER ROLL, 1 EA SAVORY MASHED POTATOES, 1/4 C PINEAPPLE TIDBITS IN JUICE, 3/8 C TODS AND TWOS DICED PEACHES IN JUICE</p>	<p>NOVEMBER 14 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>NOVEMBER 15 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>NOVEMBER 18 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p>NOVEMBER 19 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 TODS AND TWOS 3-WAY HOT MIXED VEGGIE</p>	<p>NOVEMBER 20 VEGETARIAN MEXICAN 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 TODS AND TWOS WHEAT DINNER ROLL CARROT COINS</p>	<p>NOVEMBER 21 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>NOVEMBER 22 **THANKSGIVING** CHICKENFREE STRIPS IN VEGGIE GRAVY, 1/3C MASHED POTATOES, 1/4C CRANBERRY SAUCE, 2OZ TOSSED SALAD W/DRESSING,1/4C ROLL BUTTER, 1EA CHOC CHIP COOKIE, 1EA TODS & TWOS GREEN BEANS</p>
<p>NOVEMBER 25 VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C TODS AND TWOS CARROT COINS</p>	<p>NOVEMBER 26 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ NO HFC KETCHUP SWEET YELLOW CORN, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE</p>	<p>NOVEMBER 27 VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS MANDARIN ORANGES GREEN BEANS</p>	<p>NOVEMBER 28 **HAPPY THANKSGIVING!!</p>	<p>NOVEMBER 29 **THANKSGIVING BREAK**</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

