

**TYSON MCLEAN VEGGIE MENU**

**JANUARY 2020**

**LK PORTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>JANUARY 1</b></p> <p><b>**HAPPY NEW YEAR**</b></p>	<p><b>JANUARY 2</b></p> <p>VEGETARIAN BLACK BEAN CHILI, 1/3 C WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> ALL NATURAL APPLESAUCE</p>	<p><b>JANUARY 3</b></p> <p>CREAMY MACARONI &amp; CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C</p>
<p><b>JANUARY 6</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 <b>TODS AND TWOS</b> MIXED FRUIT IN JUICE</p>	<p><b>JANUARY 7</b></p> <p>REFRIED BEANS, 1/2 C SHRED CHEDDAR ON THE SIDE, 1/2 OZ 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</p>	<p><b>JANUARY 8</b></p> <p>VEGETARIAN BURGER, MORNING STAR, 1 EA W/VEGETARIAN GRAVY WHEAT DINNER ROLL, 1 EA SAVORY MASHED POTATOES, 1/4 C PINEAPPLE TIDBITS IN JUICE, 3/8 C <b>TODS AND TWOS</b> DICED PEACHES IN JUICE</p>	<p><b>JANUARY 9</b></p> <p>WHL GRAIN SPAGHETTI W/ MARINARA, 1/2 C PARMESAN CHEESE, 1 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</p>	<p><b>JANUARY 10</b></p> <p>VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY 100% WHOLE GRAIN BREAD, 1/2 SL 5- WAY HOT MIXED VEGETABLES, 1/4 C FRESH ORANGE WEDGES, 2 EA <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE MANDARIN ORANGES</p>
<p><b>JANUARY 13</b></p> <p>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><b>JANUARY 14</b></p> <p>CREAMY MACARONI &amp; 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</p>	<p><b>JANUARY 15</b></p> <p>VEGGIE NACHO MEAL, 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</p>	<p><b>JANUARY 16</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 <b>TODS AND TWOS</b> CHILLED APPLE SAUCE</p>	<p><b>JANUARY 17</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 <b>TODS AND TWOS</b> MANDARIN ORANGES CARROT COINS</p>
<p><b>JANUARY 20</b></p> <p><b>MARTIN LUTHER</b></p> <p><b>KING HOLIDAY</b></p>	<p><b>JANUARY 21</b></p> <p>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 <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE</p>	<p><b>JANUARY 22</b></p> <p>VEGGIE NUGGETS, 5 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 GREEN BEANS</p>	<p><b>JANUARY 23</b></p> <p>FAJITAS CHICKENLESS STRIPS, 1/3 C CHEDDAR CHEESE, 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> CHILLED APPLE SAUCE</p>	<p><b>JANUARY 24</b></p> <p>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</p>
<p><b>JANUARY 27</b></p> <p>VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C <b>TODS AND TWOS</b> SWEET TENDER PEAS</p>	<p><b>JANUARY 28</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 <b>TODS AND TWOS</b> CARROT COINS</p>	<p><b>JANUARY 29</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 <b>TODS AND TWOS</b> MANDARIN ORANGES GREEN BEANS</p>	<p><b>JANUARY 30</b></p> <p>VEGETARIAN BLACK BEAN CHILI, 1/3 C WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> ALL NATURAL APPLESAUCE</p>	<p><b>JANUARY 31</b></p> <p>CREAMY MACARONI &amp; CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C</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

