

TYSON SPRINGHILL VEGGIE MENU			JANUARY 2020		LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<u>JANUARY 1</u>  **HAPPY NEW YEAR**	<u>JANUARY 2</u> VEGETARIAN BLACK BEAN CHILI, 1/3 C WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C <u>TODS AND TWOS</u> ALL NATURAL APPLESAUCE 3-WAY HOT MIXED VEGGIE	<u>JANUARY 3</u> CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C	
<u>JANUARY 6</u> 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 <u>TODS AND TWOS</u> MIXED FRUIT IN JUICE	<u>JANUARY 7</u> 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 <u>TODS AND TWOS</u> APPLESAUCE	<u>JANUARY 8</u> 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 <u>TODS AND TWOS</u> DICED PEACHES IN JUICE	<u>JANUARY 9</u> 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 <u>TODS AND TWOS</u> SWEET TENDER PEAS	<u>JANUARY 10</u> 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 <u>TODS AND TWOS</u> 3-WAY HOT MIXED VEGGIE MANDARIN ORANGES	
<u>JANUARY 13</u> 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	<u>JANUARY 14</u> 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 <u>TODS AND TWOS</u> 3-WAY HOT MIXED VEGGIE	<u>JANUARY 15</u> 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 <u>TODS AND TWOS</u> WHEAT DINNER ROLL CARROT COINS	<u>JANUARY 16</u> 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 <u>TODS AND TWOS</u> CHILLED APPLE SAUCE	<u>JANUARY 17</u> 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 <u>TODS AND TWOS</u> MANDARIN ORANGES CARROT COINS	
<u>JANUARY 20</u>  MARTIN LUTHER  KING HOLIDAY	<u>JANUARY 21</u> 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 <u>TODS AND TWOS</u> 3-WAY HOT MIXED VEGGIE	<u>JANUARY 22</u> VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH ORANGE WEDGES, 2 PCS <u>TODS AND TWOS</u> MANDARIN ORANGES GREEN BEANS	<u>JANUARY 23</u> 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 <u>TODS AND TWOS</u> CHILLED APPLE SAUCE	<u>JANUARY 24</u> CHEESE PIZZA, 1 SL 5-WAY HOT MIXED VEGETABLE, 1/4 C FRESH APPLE, 3/8 C <u>TODS AND TWOS</u> 3 WAY HOT/ PEACHES IN JUICE	
<u>JANUARY 27</u> 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 <u>TODS AND TWOS</u> SWEET TENDER PEAS	<u>JANUARY 28</u> 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 <u>TODS AND TWOS</u> CARROT COINS	<u>JANUARY 29</u> VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS <u>TODS AND TWOS</u> MANDARIN ORANGES GREEN BEANS	<u>JANUARY 30</u> VEGETARIAN BLACK BEAN CHILI, 1/3 C WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C <u>TODS AND TWOS</u> ALL NATURAL APPLESAUCE 3-WAY HOT MIXED VEGGIE	<u>JANUARY 31</u> CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C	

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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