

TYSON SPRINGHILL VEGGIE MENU		FEBRUARY 2020		LK PORTIONS	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>FEBRUARY 3</b> VEGETARIAN SAUSAGE SLIDER, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ W/ NO HFC KETCHUP STEAMED GREEN BEANS, 1/4 C ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> MIXED FRUIT IN JUICE	<b>FEBRUARY 4</b> 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 <b>TODS AND TWOS</b> APPLESAUCE	<b>FEBRUARY 5</b> 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 <b>TODS AND TWOS</b> DICED PEACHES IN JUICE	<b>FEBRUARY 6</b> 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	<b>FEBRUARY 7</b> VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHEAT DINNER ROLL, 1 EA PEAS/CARROTS/GREEN BEAN/ CORN/LIMA BEANS, 1/4 C ORANGE WEDGES, 2 EA <b>TODS AND TWOS</b> PEAS/CARROT/GREEN BEANS MANDARIN ORANGES	
<b>FEBRUARY 10</b> 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	<b>FEBRUARY 11</b> CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL BABY CARROTS, BROCCOLI W/CREAMY RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA <b>TODS AND TWOS</b> PEAS/CARROT/GREEN BEANS	<b>FEBRUARY 12</b> 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 <b>TODS AND TWOS</b> WHEAT DINNER ROLL CARROT COINS	<b>FEBRUARY 13</b> 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	<b>FEBRUARY 14</b> BREAKFAST LUNCH ! DANIMALS VANILLA YOGURT, 1 EA BUTTERMILK PANCAKES (WG) W/ NO HFC SYRUP, 1 EA VEGGIE SAUSAGE PATTY, 1 EA BABY CARROTS W/RANCH DIP, 1/4 C ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> MANDARIN ORANGES CARROT COINS	
<b>FEBRUARY 17</b>  <b>PRESIDENT'S DAY</b>  <b>HOLIDAY</b>	<b>FEBRUARY 18</b> 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> PEAS/CARROT/GREEN BEANS	<b>FEBRUARY 19</b> VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> MANDARIN ORANGES GREEN BEANS	<b>FEBRUARY 20</b> 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	<b>FEBRUARY 21</b> CHEESE PIZZA, 1 SL PEAS/CARROT/GREEN BEANS/CORN/LIMA BEANS, 1/4 C FRESH APPLE, 3/8 C <b>TODS AND TWOS</b> 3 WAY HOT/ PEACHES IN JUICE	
<b>FEBRUARY 24</b> VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE GRAIN RICE, 1/4 C BABY CARROTS W/RANCH DIP, 1/4 C DICED PEARS IN JUICE, 3/8 C <b>TODS AND TWOS</b> SWEET TENDER PEAS	<b>FEBRUARY 25</b> 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	<b>FEBRUARY 26</b> VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> MANDARIN ORANGES GREEN BEANS	<b>FEBRUARY 27</b> 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 PEAS/CARROT/GREEN BEANS	<b>FEBRUARY 28</b> 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					