

TYSON SPRINGHILL VEGGIE MENU			MARCH 2020		LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MARCH 2 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 TODS AND TWOS MIXED FRUIT IN JUICE	MARCH 3 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	MARCH 4 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	MARCH 5 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 TODS AND TWOS SWEET TENDER PEAS	MARCH 6 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 TODS AND TWOS PEAS/CARROT/GREEN BEANS MANDARIN ORANGES	
MARCH 9 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	MARCH 10 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 TODS AND TWOS PEAS/CARROT/GREEN BEANS	MARCH 11 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	MARCH 12 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	MARCH 13 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 TODS AND TWOS MANDARIN ORANGES CARROT COINS	
MARCH 16 VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C BABY CARROTS W/RANCH DIP, 1/4 C MIXED PEACHES & PEARS IN JUICE, 3/8 C TODS AND TWOS CARROT COINS	MARCH 17 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 PEAS/CARROT/GREEN BEANS	MARCH 18 VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C ORANGE WEDGES, 2 PCS TODS AND TWOS MANDARIN ORANGES GREEN BEANS	MARCH 19 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 TODS AND TWOS CHILLED APPLE SAUCE	MARCH 20 CHEESE PIZZA, 1 SL PEAS/CARROT/GREEN BEANS/CORN/LIMA BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS 3 WAY HOT/ PEACHES IN JUICE	
MARCH 23 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE GRAIN RICE, 1/4 C BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C TODS AND TWOS SWEET TENDER PEAS	MARCH 24 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	MARCH 25 VEGGIE NUGGETS, 5 EA W/ NO HFC KETCHUP CAESAR SALAD W/ ROMAINE & DRESSING, 1/4 C PARMESAN CHEESE, 1/8 OZ ORANGE WEDGES, 2 EA TODS AND TWOS GREEN BEANS MANDARIN ORANGES	MARCH 26 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 PEAS/CARROT/GREEN BEANS	MARCH 27 CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET TENDER PEAS, 1/4 C MANDARIN ORANGES, 3/8 C	
MARCH 30 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 TODS AND TWOS MIXED FRUIT IN JUICE	MARCH 31 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				

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