

IMAGINATION		JULY 2013			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>JULY 1</b> MACARONI & CHEESE W/ WHOLE GRAINS, 1/2 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	<b>JULY 2</b> VEGGIE NUGGETS, 4 EA GREEN BEANS, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL CHILLED APPLESAUCE, 3/8 C	<b>JULY 3</b> CHEDDAR CHEESE SUB SANDWICH, 1/2 EA CHEDDAR CHEESE SLICE , 1 1/2 OZ MAYO ON THE SIDE SCANDANAVIAN BLEND, 1/4 C PINEAPPLE TIDBITS, 3/8 C <b>TODS AND TWOS</b> CHILLED DICED PEACHES	<b>JULY 4</b> <b>HAPPY 4TH OF JULY!!!!</b>	<b>JULY 5</b> VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA 5- WAY HOT MIXED VEGETABLES ( HAS CORN), 1/4 C CHILLED DICED PEACHES, 3/8 C	
<b>JULY 8</b> VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	<b>JULY 9</b> MACARONI & CHEESE W/ WHOLE GRAINS, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL 3-WAY HOT MIXED VEGGIE , 1/4 C FRESH BANANA, 1/2 EA	<b>JULY 10</b> CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	<b>JULY 11</b> VEGETARIAN NACHO MEAL, 1 OZ W/ SHRED CHEDDAR CHEESE, 1/2 OZ CORN TORTILLA CHIPS, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C CHILLED APPLESAUCE, 3/8 C <b>TODS AND TWOS</b> WHEAT DINNER ROLL CARROT COINS	<b>JULY 12</b> BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA CHILLED MIXED FRUIT, 3/8 C	
<b>JULY 15</b> WHL GRAIN VEGETARIAN SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	<b>JULY 16</b> VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL, 1 EA W/ KETCHUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT (NO PINEAPPLE), 3/8 C	<b>JULY 17</b> BLACK BEANS LO-FAT SHREDDED CHEDDAR , 1/2 OZ ULTRA GRAIN 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	<b>JULY 18</b> VEGGIE REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL FRESH ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> GREEN PEAS CHILLED DICED PEARS	<b>JULY 19</b> **BAKED ZITI** NO MEAT HAS SOY IN ITALIAN RED SAUCE SMOTHERED IN THREE CHEESES, 1/2 C 5- WAY HOT MIXED VEGETABLES ( HAS CORN), 1/4 C ITALIAN BREAD, 1 SL SEEDLESS WATERMELON, 1SL <b>TODS &amp; TWOS</b> DICED PEACHES	
<b>JULY 22</b> <b>STOUFFERS</b> MACARONI & CHEESE W/ WHOLE GRAINS, 1/2 C SWEET TENDER PEAS, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL CHILLED DICED PEARS, 3/8 C	<b>JULY 23</b> VEGETARIAN BLACK BEAN CHILI, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	<b>JULY 24</b> WHOLE WHEAT PENNE PASTA W/ STEWED TOMATOES, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	<b>JULY 25</b> VEGGIE NUGGETS, 4 EA W/ KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS <b>TODS AND TWOS</b> 3-WAY HOT MIXED VEGGIE MIXED FRUIT IN JUICE (NO PINEAPPLE)	<b>JULY 26</b> CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA CHEDDAR CHEESE SLICE , 1 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH CANTALOUPE, 1SL <b>TODS AND TWOS</b> GREEN BEANS	
<b>JULY 29</b> MACARONI & CHEESE W/ WHOLE GRAINS, 1/2 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	<b>JULY 30</b> VEGGIE NUGGETS, 4 EA GREEN BEANS, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL CHILLED APPLESAUCE, 3/8 C	<b>JULY 31</b> CHEDDAR CHEESE SUB SANDWICH, 1/2 EA CHEDDAR CHEESE SLICE , 1 1/2 OZ MAYO ON THE SIDE SCANDANAVIAN BLEND, 1/4 C PINEAPPLE TIDBITS, 3/8 C <b>TODS AND TWOS</b> CHILLED DICED PEACHES			

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