

IMAGINATION		NOVEMBER 2013			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				NOVEMBER 1 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA FRENCH TOAST STICKS W/ SYRUP, 3 EA VEGGIE SAUSAGE PATTY, 1 EA CHILLED MIXED FRUIT (NO PINEAPPLE), 3/8 C	
NOVEMBER 4 VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	NOVEMBER 5 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	NOVEMBER 6 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	NOVEMBER 7 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 TODS AND TWOS GREEN PEAS CHILLED DICED PEARS	NOVEMBER 8 **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 CHILLED DICED PEACHES, 3/8 C	
NOVEMBER 11 STOUFFERS 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	NOVEMBER 12 SAUTEED POLENTA W/ SWEET PEPPER SAUCE, 1/3 C WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	NOVEMBER 13 WHOLE WHEAT PENNE PASTA W/ STEWED TOMATOES, 1/2 C PARMESAN CHEESE, 11/2 OZ STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	NOVEMBER 14 VEGGIE NUGGETS, 4 EA W/ KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL GREEN BEANS, 1/4 C CHILLED MIXED FRUIT (NO PINEAPPLE), 3/8 C	NOVEMBER 15 NATURAL CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA NATURAL CHEDDAR CHEESE SLICE , 11/2 OZ SWEET YELLOW CORN, 1/4 C CHILLED DICED PEACHES, 3/8 C	
NOVEMBER 18 LENTIL VEGETABLE STEW W/ CARROTS & PEAS, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL STEAMED GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	NOVEMBER 19 STIR FRY TOFU, 1/3 C WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	NOVEMBER 20 CHEDDAR CHEESE SUB SANDWICH, 1/2 EA NATURAL CHEDDAR CHEESE SLICE , 11/2 OZ MAYO ON THE SIDE SCANDANAVIAN BLEND, 1/4 C PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS CHILLED DICED PEACHES	NOVEMBER 21 WHOLE WHEAT SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 11/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS	NOVEMBER 22 **THANKSGIVING** GARDEIN CHICKENLESS STRIPS IN VEGGIE GRAVY, 1/3C MASHED POTATOES, 1/4C CRANBERRY SAUCE, 1OZ TOSSED SALAD W/DRESSING, 1/4C DINNER ROLL; BUTTER, 1EA BAKED CHOC CHIP COOKIE, 1EA TODS & TWOS GREEN BEANS	
NOVEMBER 25 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	NOVEMBER 26 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	NOVEMBER 27 CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	NOVEMBER 28 HAPPY THANKSGIVING !!	NOVEMBER 29 THANKSGIVING BREAK !!	

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
