

IMAGINATION		OCTOBER 2013			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	OCTOBER 1 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	OCTOBER 2 CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	OCTOBER 3 VEGETARIAN MEXICAN NACHO FIESTA, 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 TODS AND TWOS WHEAT DINNER ROLL CARROT COINS	OCTOBER 4 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA FRENCH TOAST STICKS W/ SYRUP, 3 EA VEGGIE SAUSAGE PATTY, 1EA CHILLED MIXED FRUIT (NO PINEAPPLE), 3/8 C	
OCTOBER 7 VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	OCTOBER 8 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	OCTOBER 9 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	OCTOBER 10 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	OCTOBER 11 **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	
OCTOBER 14 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	OCTOBER 15 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	OCTOBER 16 WHOLE WHEAT PENNE PASTA BOLOGNESE VEGGIE, 1/2C SHRED MOZZARELLA CHEESE, 1 1/2OZ 3-WAY HOT MIXED VEGGIE, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 17 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	OCTOBER 18 NATURAL CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA NATURAL CHEDDAR CHEESE SLICE, 1 1/2 OZ SWEET YELLOW CORN, 1/4 C CHILLED DICED PEACHES, 3/8 C	
OCTOBER 21 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	OCTOBER 22 STIR FRY TOFU, 1/3 C WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 23 CHEDDAR CHEESE SUB SANDWICH, 1/2 EA NATURAL CHEDDAR CHEESE SLICE, 1 1/2 OZ MAYO ON THE SIDE SCANDANAVIAN BLEND, 1/4 C PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS CHILLED DICED PEACHES	OCTOBER 24 WHOLE WHEAT SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS	OCTOBER 25 CORN FRITTERS, 2 EA W/ KETCHUP CHEDDAR CHEESE STICK, 1 EA 5- WAY HOT MIXED VEGETABLES (HAS CORN), 1/4 C CHILLED DICED PEACHES, 3/8 C	
OCTOBER 28 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 29 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	OCTOBER 30 CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	OCTOBER 31 VEGETARIAN MEXICAN NACHO FIESTA, 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 TODS AND TWOS WHEAT DINNER ROLL CARROT COINS		
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					