

IMAGINATION		OCTOBER 2014			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		OCTOBER 1 CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 2 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 DICED PEARS IN JUICE, 3/8 C TODS AND TWOS WHEAT DINNER ROLL CARROT COINS	OCTOBER 3 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	
OCTOBER 6 VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS IN JUICE, 3/8 C	OCTOBER 7 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 8 BLACK BEANS LO-FAT SHREDDED CHEDDAR , 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 9 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 10 **BAKED ZITI** MEATLESS CONTAINS SOY ITALIAN RED SAUCE W/ THREE CHEESES, 1/2 C 5- WAY HOT MIXED VEGETABLES , 1/4 C ITALIAN BREAD, 1 SL CHILLED DICED PEACHES IN JUICE, 3/8 C	
OCTOBER 13 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 IN JUICE, 3/8 C	OCTOBER 14 PIZZA PASTA BAKE "MEATLESS" CHICKEN FREE STRIPS, TOMATO SAUCE, PASTA, MOZZARELLA, 1/2 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	OCTOBER 15 VEGETARIAN SLOPPY JOES (HAS SOY), 1/3 C WHEAT HAMBURGER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 16 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 17 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 IN JUICE, 3/8 C	
OCTOBER 20 VEGETARIAN NOODLE BAKE TEXTURED VEGETABLE PROTEIN, PASTA, CHEESES, TOMATO SAUCE, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ 100% WHOLE GRAIN BREAD, 1/2 SL STEAMED GREEN BEANS, 1/4 C CHILLED DICED PEARS IN JUICE, 3/8 C	OCTOBER 21 CHEESE SANDWICH ON WHEAT BREAD, 1/2 EA MAYO & MUSTARD ON SIDE CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 22 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 IN JUICE, 3/8 C TODS AND TWOS DICED PEACHES IN JUICE	OCTOBER 23 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 24 CORN FRITTERS, 2 EA W/ KETCHUP CHEDDAR CHEESE STICK, 1 EA 5- WAY HOT MIXED VEGETABLES , 1/4 C CHILLED DICED PEACHES IN JUICE, 3/8 C	
OCTOBER 27 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 28 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 29 CHEDDAR CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 30 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 DICED PEARS IN JUICE, 3/8 C TODS AND TWOS WHEAT DINNER ROLL CARROT COINS	OCTOBER 31 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	

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