

IMAGINATION		NOVEMBER 2012			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			NOVEMBER 1 VEGETARIAN NACHO MEAL, 1 OZ W/ SHRED CHEDDAR CHEESE, 1/2 OZ CORN TORTILLA CHIPS, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C TODS AND TWOS ROLL	NOVEMBER 2 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA CHILLED MIXED FRUIT, 3/8 C	
NOVEMBER 5 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	NOVEMBER 6 VEGETARIAN BURGER, MORNING STAR, 1 EA ON A ROLL W/ KETCHUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C TODS AND TWOS MIXED FRUIT IN JUICE	NOVEMBER 7 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 8 VEGGIE REFRIED BEANS, 1/2 C LO-FAT SHREDDED CHEDDAR , 1/2 OZ TOSSED SALAD W/ GREEN LEAF & SPINACH W/ 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 9 **BAKED ZITI** NO MEAT HAS SOY IN ITALIAN RED SAUCE SMOTHERED IN THREE CHEESES, 1/2 C 5- WAY VEG MEDLEY, 1/4 C ITALIAN BREAD, 1 SL CHILLED DICED PEACHES, 3/8 C	
NOVEMBER 12 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 13 CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	NOVEMBER 14 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	NOVEMBER 15 CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS MIXED FRUIT IN JUICE 3-WAY HOT MIXED VEGGIE	NOVEMBER 16 **THANKSGIVING** VEGETARIAN LOAF, 1SL MASHED POTATOES, 1/4C CRANBERRY SAUCE, 1OZ TOSS SALAD W/ GREEN LEAF, SPINACH & DRESSING, 1/4C DINNER ROLL W/ BUTTER, 1EA FRESH BAKED CHOC CHIP COOKIE, 1EA TODS & TWOS GREEN BEANS	
NOVEMBER 19 PASTA ALFREDO PENNE PASTA W/ CREAMY ALFREDO SAUCE, 1/2 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	NOVEMBER 20 VEGGIE NUGGETS, 4 EA GREEN BEANS, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL CHILLED APPLESAUCE, 3/8 C	NOVEMBER 21 VEGETARIAN BLACK BEAN CHILI, 1/2 C DINNER ROLL, 1 EA 5-WAY HOT MIXED VEGETABLE, 1/4 C PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS CHILLED DICED PEACHES	NOVEMBER 22 HAPPY THANKSGIVING!!!	NOVEMBER 23 THANKSGIVING HOLIDAY !!!	
NOVEMBER 26 VEGGIE NUGGETS, 4 EA W/ KETCHUP SWEET TENDER PEAS, 1/4 C BREAD STICKS, 1 EA CHILLED APPLESAUCE, 3/8 C	NOVEMBER 27 MACARONI & CHEESE W/ WHOLE GRAINS, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL 5-WAY HOT MIXED VEGETABLE, 1/4 C FRESH BANANA, 1/2 EA	NOVEMBER 28 CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	NOVEMBER 29 VEGETARIAN NACHO MEAL, 1 OZ W/ SHRED CHEDDAR CHEESE, 1/2 OZ CORN TORTILLA CHIPS, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C TODS AND TWOS ROLL	NOVEMBER 30 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA CHILLED MIXED FRUIT, 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