

IMAGINATION		OCTOBER 2012			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
OCTOBER 1 VEGGIE NUGGETS, 4 EA W/ KETCHUP SWEET TENDER PEAS, 1/4 C BREAD STICKS, 1 EA CHILLED APPLESAUCE, 3/8 C	OCTOBER 2 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	OCTOBER 3 CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	OCTOBER 4 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	OCTOBER 5 BREAKFAST FOR LUNCH !! FRENCH TOAST STICKS W/ SYRUP, 3 EA EGG PATTY, 1 EA CHILLED MIXED FRUIT, 3/8 C	
OCTOBER 8 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	OCTOBER 9 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	OCTOBER 10 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 11 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	OCTOBER 12 **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	
OCTOBER 15 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 16 CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	OCTOBER 17 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	OCTOBER 18 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	OCTOBER 19 VEGETARIAN ORZO, 1/2 C TOSSED SALAD W/ GREEN LEAF & SPINACH W/ CREAMY RANCH DRESSING, 1/4 C DINNER ROLL, 1 EA CHILLED DICED PEACHES, 3/8 C TODS AND TWOS GREEN BEANS	
OCTOBER 22 PASTA ALFREDO PENNE PASTA W/ CREAMY ALFREDO SAUCE, 1/2 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	OCTOBER 23 VEGGIE NUGGETS, 4 EA GREEN BEANS, 1/4 C 100% WHOLE GRAIN BREAD, 1/2 SL CHILLED APPLESAUCE, 3/8 C	OCTOBER 24 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	OCTOBER 25 WHOLE WHEAT SPAGHETTI W/ MARINARA SAUCE, 1/2 C LO-FAT SHREDDED MOZZARELLA, 1 1/2 OZ TOSSED SALAD W/ GREEN LEAF & SPINACH W/ CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS	OCTOBER 26 MACARONI & CHEESE W/ WHOLE GRAINS, 1/2 C 5-WAY HOT MIXED VEGETABLE, 1/4 C CHILLED DICED PEACHES, 3/8 C	
OCTOBER 29 VEGGIE NUGGETS, 4 EA W/ KETCHUP SWEET TENDER PEAS, 1/4 C BREAD STICKS, 1 EA CHILLED APPLESAUCE, 3/8 C	OCTOBER 30 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	OCTOBER 31 CHEESE SANDWICH ON 100% WHOLE GRAIN BREAD, 1/2 EA GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 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
