

GRASSHOPPER

NOVEMBER 2009

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 3/8 C	NOVEMBER 3 MACARONI & CHEESE, 1/2 C DINNER ROLL, 1 EA MIXED VEGETABLE TRIO W/CREAMY RANCH DIP, 1/4 C FRESH FRUIT SALAD, 1/2 C (MELONS, FRESH PINEAPPLE), 3/8 C TODS AND TWOS SWEET TENDER PEAS	NOVEMBER 4 LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS CHILLED DICED PEARS	NOVEMBER 5 NACHO MEAT, 1 OZ (BEEF CRUMBLES) W/ SHRED CHEDDAR CHEESE, 1/2 OZ TORTILLA CHIPS, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ROLL / CARROT COINS APPLESAUCE	NOVEMBER 6 SPAGHETTI W/ MARINARA, 1/3 C TURKEY MEATBALLS, 3 EA TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C CHILLED DICED PEARS, 3/8 C TODS AND TWOS GREEN BEANS
NOVEMBER 9 TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C CHILLED DICED PEARS, 3/8 C TODS AND TWOS CARROT COINS	NOVEMBER 10 ITALIAN TURKEY MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C CHILLED MIXED FRUIT, 3/8 C TODS AND TWOS CHILLED DICED PEACHES	NOVEMBER 11 GRILLED CHICKEN BREAST STRIPS W/ LO- SODIUM GRAVY, 1/3 C SAVORY MASHED POTATOES, 1/4 C DINNER ROLL, 1 EA FRESH FRUIT SALAD, 3/8 C (MELONS, FRESH PINEAPPLE)	NOVEMBER 12 TURKEY CORN DOG NUGGETS, 4 EA W/ CATSUP GREEN PEAS, 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS CHILLED DICED PEARS	NOVEMBER 13 **BAKED ZITI** NO MEAT HAS SOY, 2 OZ IN ITALIAN RED SAUCE SMOTHERED IN THREE CHEESES, 1/2 C STEAMED VEG MEDLEY, 1/4 C ITALIAN BREAD, 1 SL CHILLED DICED PEACHES, 3/8 C
NOVEMBER 16 LEAN BEEF HAMBURGER PATTY, 1 EA ON A ROLL, 1 EA W/ CATSUP GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	NOVEMBER 17 HAWAIIAN TURKEY MEATBALLS, 3 EA BRN WHL GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS	NOVEMBER 18 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA SAVORY MASHED POTATOES, 1/4 C WHOLE WHEAT BREAD, 1/2 SL FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE	NOVEMBER 19 TURKEY MEATBALLS & GRAVY, 3 EA SPLIT TOP ROLL, 1 EA SWEET TENDER PEAS, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS APPLESAUCE	NOVEMBER 20 OVEN ROASTED TURKEY BREAST W/ GRAVY, 1SL MASHED POTATOES, 1/4C TOSS SALAD W/ RANCH, 1/4C CRANBERRY SAUCE, 1OZ DINNER ROLL W/MARG, 1EA FR: BAKED CHOC CHIP COOKIE
NOVEMBER 23 SOFT CHICKEN TACO, 1/4 C DICED CHIC BREAST IN LIGHT TACO SEASONING, 1 OZ LO-FAT SHREDDED CHEDDAR, 1/2 OZ WARM SOFT TORTILLA, 1 EA GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	NOVEMBER 24 SPAGHETTI W/ MARINARA, 1/3 C TURKEY MEATBALLS, 3 EA TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS SWEET TENDER PEAS	NOVEMBER 25 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA SAVORY MASHED POTATOES, 1/4 C DINNER ROLL, 1 EA PINEAPPLE TIDBITS, 3/8 C TODS AND TWOS CHILLED DICED PEACHES	NOVEMBER 26 HAPPY THANKSGIVING !!	NOVEMBER 27 HAPPY THANKSGIVING !!
NOVEMBER 30 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA SWEET TENDER PEAS, 1/4 C CHILLED APPLESAUCE, 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