

DULLES- VEGGIE LUNCH

DECEMBER 2018

LK PORTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DECEMBER 3 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C TODS AND TWOS SWEET TENDER PEAS</p>	<p>DECEMBER 4 WG RICE (1/4C) & BEANS (3/8C), 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL TOSSED SALAD W/ MIXED GREENS, CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS CARROT COINS</p>	<p>DECEMBER 5 VEGGIE NUGGETS, 4 EA W/ NO HFC KETCHUP 100% WHOLE GRAIN BREAD, 1/2 SL CAESAR SALAD W/ ROMAINE DRESSING & PARMESAN, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS GREEN BEANS MANDARIN ORANGES</p>	<p>DECEMBER 6 VEGETARIAN BLACK BEAN CHILI, 1/3 C WHEAT DINNER ROLL, 1 EA SWEET YELLOW CORN, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS ALL NATURAL APPLESAUCE</p>	<p>DECEMBER 7 CREAMY MACARONI & CHEESE, 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL SWEET YELLOW CORN, 1/4 C DICED PEACHES IN JUICE, 3/8 C</p>
<p>DECEMBER 10 VEGETARIAN SAUSAGE SLIDER ON A ROLL W/ NO HFC KETCHUP, 1 EA FANCY SHRED CHEDDAR CHEESE, 1/2 OZ STEAMED GREEN BEANS, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C</p>	<p>DECEMBER 11 REFRIED BEANS, 1/2 C SHRED CHEDDAR ON THE SIDE, 1/2 OZ WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CARROT COINS / APPLESAUCE</p>	<p>DECEMBER 12 VEGETARIAN BURGER MORNING STAR W/ VEG GRAVY, 1 EA WHEAT DINNER ROLL, 1 EA SAVORY MASHED POTATOES, 1/4 C PINEAPPLE TIDBITS IN JUICE, 3/8 C TODS AND TWOS DICED PEACHES IN JUICE</p>	<p>DECEMBER 13 WHL GRAIN SPAGHETTI PASTA 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</p>	<p>DECEMBER 14 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHEAT DINNER ROLL, 1 EA 5- WAY HOT MIXED VEGETABLES , 1/4 C FRESH ORANGE WEDGES, 2 EA TODS AND TWOS MANDARIN ORANGES</p>
<p>DECEMBER 17 VEGETARIAN BURGER, MORNING STAR, 1 EA WHEAT HAMBURGER ROLL W/ NO HFC KETCHUP, 1 EA SWEET TENDER PEAS, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C</p>	<p>DECEMBER 18 CREAMY MACARONI & CHEESE , 1/2 C 100% WHOLE GRAIN BREAD, 1/2 SL MIXED FRESH VEGETABLE W/CREAMY RANCH DIP, 1/4 C FRESH BANANA, 1/2 EA TODS AND TWOS 3-WAY HOT MIXED VEGGIE</p>	<p>DECEMBER 19 VEGETARIAN MEXICAN NACHO FIESTA, 1 OZ W/ SHRED CHEDDAR CHEESE, 1/2 OZ WHEAT DINNER ROLL, 1 EA FRESH BABY CARROTS W/RANCH DIP, 1/4 C DICED PEARS IN JUICE, 3/8 C TODS AND TWOS CARROT COINS</p>	<p>DECEMBER 20 ITALIAN VEGETARIAN MEATBALL SUB, 2 EA LO-FAT SHREDDED MOZZARELLA, 1/2 OZ SUB ROLL, 1/2 EA STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</p>	<p>DECEMBER 21 BREAKFAST FOR LUNCH !! DANIMALS VANILLA YOGURT, 1 EA BUTTERMILK PANCAKES (WG) W/ NO HFC SYRUP, 1 EA VEGGIE SAUSAGE PATTY, 1 EA FRESH ORANGE WEDGES, 4 PCS TODS AND TWOS MANDARIN ORANGES</p>
<p>DECEMBER 24 HAPPY HOLIDAY'S !!</p>	<p>DECEMBER 25 HAPPY HOLIDAY'S !!</p>	<p>DECEMBER 26 VEGGIE EGG ROLL, 2 EA WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C MIXED FRUIT IN JUICE (NO PINEAPPLE), 3/8 C TODS AND TWOS CARROT COINS</p>	<p>DECEMBER 27 FAJITAS CHICKENLESS STRIPS, 1/3 C CHEDDAR CHEESE, 1/2 OZ WHOLE WHEAT 6" TORTILLA, 1 EA STEAMED GREEN BEANS, 1/4 C FRESH APPLE, 3/8 C TODS AND TWOS CHILLED APPLE SAUCE</p>	<p>DECEMBER 28 **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 DICED PEACHES IN JUICE, 3/8 C</p>
<p>DECEMBER 31 VEGETARIAN MEATBALLS, 2 EA W/VEGETARIAN GRAVY WHOLE GRAIN RICE, 1/4 C FRESH BABY CARROTS W/RANCH DIP, 1/4 C ALL NATURAL APPLESAUCE, 3/8 C TODS AND TWOS SWEET TENDER PEAS</p>				

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