

HERNDON MONTESSORI		OCTOBER 2010			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					OCTOBER 1 SCHOOL PIZZA DAY
OCTOBER 4 BAKED CHICKEN PATTY SANDWICH, 1 EA ON A ROLL W/ CATSUP, 1 EA POTATO CHIPS, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 5 MACARONI & CHEESE, 1/2 C SWEET TENDER PEAS, 1/4 C FRESH BANANA, 1/2 EA	OCTOBER 6 ITALIAN TURKEY MEATBALL SUB, 3 EA SUB ROLL, 1/2 EA SHREDDED MOZZARELLA CHEESE, 1/2 OZ GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	OCTOBER 7 NACHO MEAT, 1 OZ (BEEF CRUMBLES) LO-FAT SHREDDED CHEDDAR , 1/2 OZ TORTILLA CHIPS, 1/4 C CARROT COINS, 1/4 C APPLE SAUCE, 3/8 C		OCTOBER 8 SCHOOL PIZZA DAY
OCTOBER 11 TERIYAKI CHICKEN STRIPS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED DICED PEARS, 3/8 C	OCTOBER 12 LEAN BEEF HAMBURGER PATTY, 1 EA HAMBURGER ROLL, 1 EA W/ CATSUP SWEET YELLOW CORN, 1/4 C CHILLED MIXED FRUIT, 3/8 C	OCTOBER 13 MACARONI & CHEESE, 1/2 C GREEN BEANS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 14 TURKEY CORN DOG NUGGETS, 4 EA W/ CATSUP TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH ORANGE WEDGES, 2 PCS TODS AND TWOS SWEET TENDER PEAS		OCTOBER 15 SCHOOL PIZZA DAY
OCTOBER 18 LEAN BEEF HAMBURGER PATTY, 1 EA ON A ROLL W/ CATSUP GREEN BEANS, 1/4 C CHILLED DICED PEACHES, 3/8 C	OCTOBER 19 HAWAIIAN TURKEY MEATBALLS, 3 EA BRN WHL GRAIN RICE, 1/4 C CARROT COINS, 1/4 C FRESH BANANA, 1/2 EA	OCTOBER 20 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 3 EA MULTI GRAIN RICE, 1/4 C CARROT COINS, 1/4 C CHILLED APPLESAUCE, 3/8 C	OCTOBER 21 TURKEY MEATBALLS & GRAVY, 3 EA SWEET TENDER PEAS, 1/4 C FRESH ORANGE WEDGES, 2 PCS		OCTOBER 22 SCHOOL PIZZA DAY
OCTOBER 25 CHICKEN ALFREDO, 1/2 C PENNE PASTA W/ CREAMY ALFREDO SAUCE & DICED BREAST OF CHICKEN GREEN BEANS, 1/4 C CHILLED DICED PEARS, 3/8 C	OCTOBER 26 CN - WHOLE GRAIN BREADED CHICKEN NUGGETS W CATSUP, 1 EA WHOLE WHEAT BREAD, 1/2 SL CARROT COINS, 1/4 C APPLE SAUCE	OCTOBER 27 SALISBURY STEAK W/ LOW SODIUM GRAVY, 1 EA BRN WHL GRAIN RICE, 1/4 C SWEET TENDER PEAS, 1/4 C PINEAPPLE TIDBITS, 3/8 C	OCTOBER 28 WHL GRAIN SPAGHETTI PASTA W/MEAT MARINARA W/ MARINARA MEAT SAUCE, 1/2 C TOSSED SALAD W/CREAMY RANCH DRESSING, 1/4 C FRESH BANANA, 1/2 EA		OCTOBER 29 SCHOOL PIZZA DAY

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